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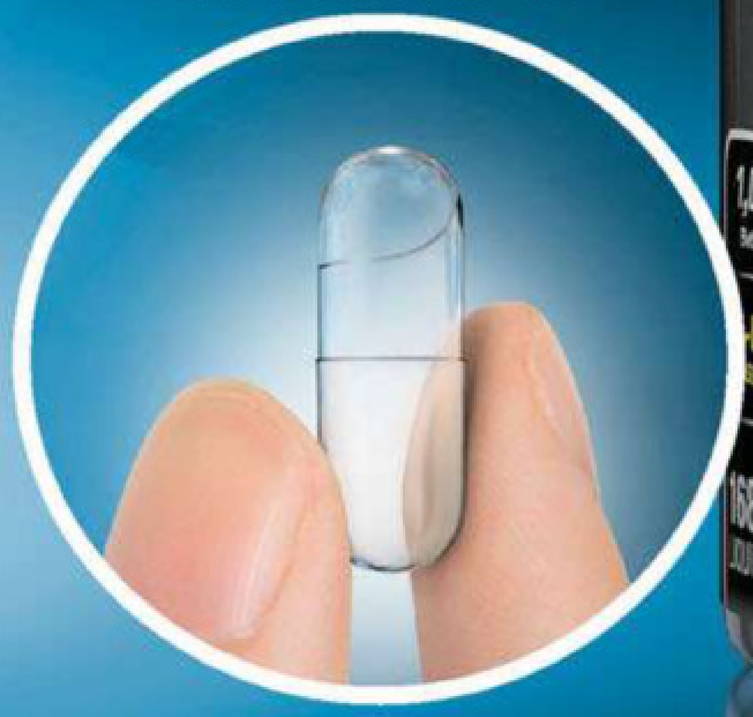
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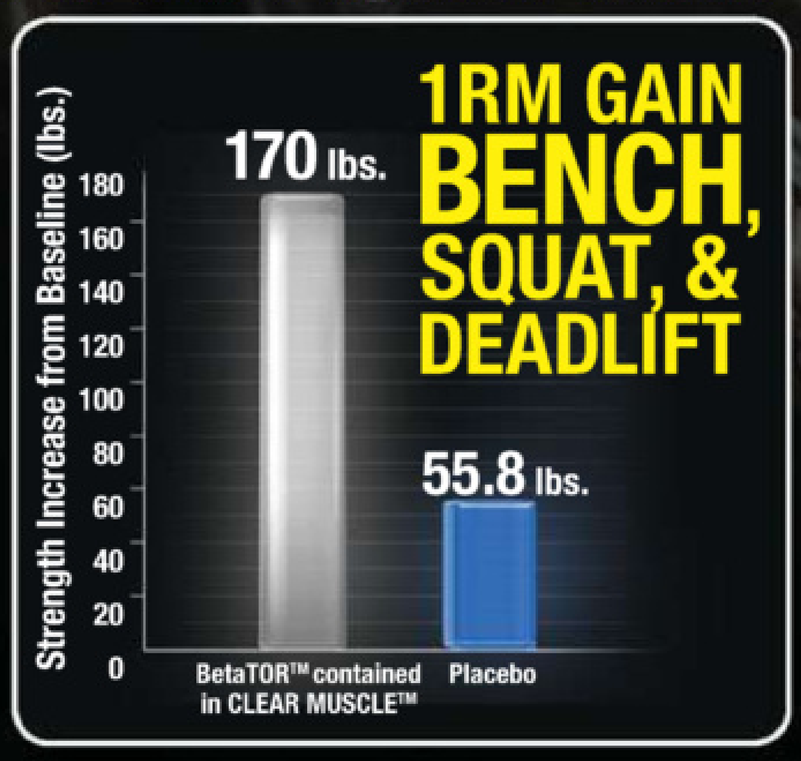
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& GLUTAMINE SUPPORT

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*PRO BCAA contains 13g of amino acids, of which 8g are BCAAs and 5g are Glutamine
*Naturally Added

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- Frank M.[1]

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- James G.[1]

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† When combined with a proper exercise and nutrition regimen. Statements based on early-stage independent 3rd party in vivo and / or in vitro model scientific research data findings for individual ingredients.

[1]Quotes are of members of Team BPI who received complimentary products in exchange for their testimonials.

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PAVEL YTHJALL

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PAVEL YTHJALL

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FROM THE CHAIRMAN



50TH MR. OLYMPIA BACK ON NATIONAL TV!

September 18–21, the best bodybuilding, figure, fitness, bikini, and physique competitors in the world will converge on Las Vegas to celebrate the ultimate quest for human physical perfection as Ultimate Nutrition presents the 2014 IFBB Joe Weider's Olympia Fitness and Performance Weekend, brought to you by Bodybuilding.com.

This year is shaping up to be an epic battle between defending three-time Mr. Olympia Phil Heath and last year's runner-up, Kai Greene. Other contenders are also hungry to take out the champion, including Dennis Wolf, Shawn Rhoden, Roelly Winklaar, Dexter Jackson, and Mamdouh "Big Ramy" Elssbiay. Order your tickets now at *mr.olympia.com!*

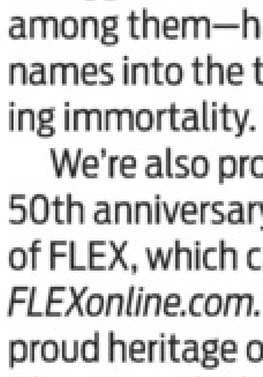
This year's 50th Olympia event is bigger and better than ever, as we have exciting news: American Media, Inc. and NBC Sports Group recently announced a partnership to televise the 2014 Mr. Olympia contest on NBCSN, with **two 90-minute telecasts of the 50th annual Mr. Olympia** from Orleans Arena in Las Vegas.

The partnership brings the Mr. Olympia back to TV for the first time since 1984, when Lee Haney won his first of eight titles. The initial telecast will take place on Oct. 18 at 1:30 p.m. ET, and the second will air on Oct. 25 at 5:30 p.m. ET. Each telecast will highlight various aspects of the Mr. Olympia competition and feature the sport's biggest stars, including the aforementioned athletes as well as 212 Showdown champ Flex Lewis, Figure Olympia winner Nicole Wilkins, Bikini Olympia champ Ashley Kaltwasser, Women's Physique Showdown winner Dana Linn Bailey, Men's Physique Showdown winner Mark Anthony, Ms. Olympia Iris Kyle, and many others.

The Olympia Expo offers more than 500,000 square feet of exciting action, including powerlifting, grappling, strongman, MMA, kickboxing, and arm wrestling, plus new events like the Olympia Rhino CrossFit Championships and Olympia Combative Sports.

When the late, great Joe Weider started the Mr. Olympia contest in 1965, Larry "the Legend" Scott won the inaugural event and the quest for glory began. Since then, 12 other men—Sergio Oliva, Arnold Schwarzenegger, and Ronnie Coleman among them—have etched their names into the tome of bodybuilding immortality.

We're also proud to present the 50th anniversary digital edition of FLEX, which can be found at *FLEXonline.com.* Read about the proud heritage of past and present Olympians, find Olympia record facts, training tips, and interactive videos, and learn much more about bodybuilding's greatest contest. This is a free digital download dedicated to all things Olympia—with incredible photos of bodybuilding's greatest athletes—so be sure to go to *FLEXonline.com* and download the free Olympia Special.



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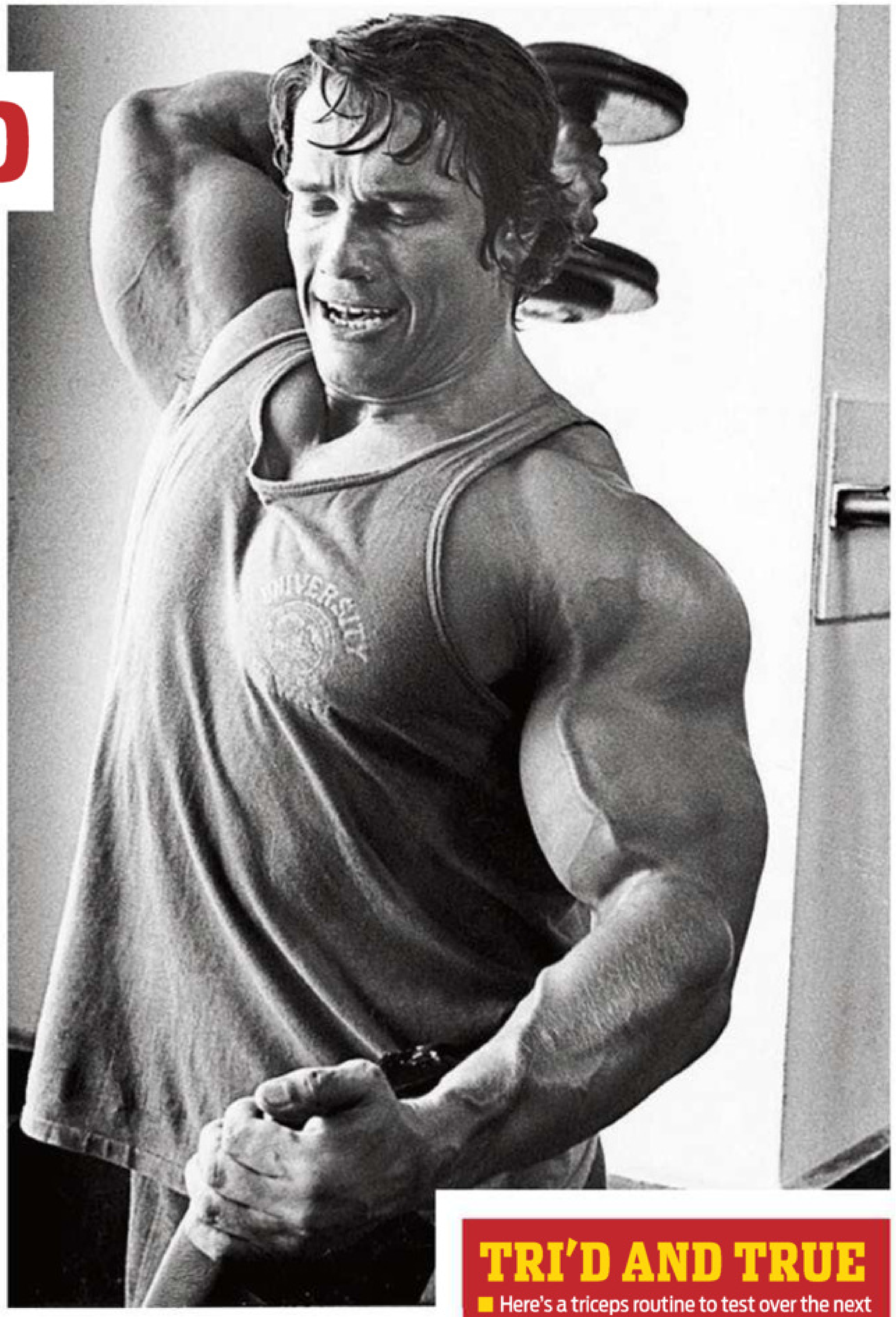
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ARNOLD'S PAGE

BY ARNOLD SCHWARZENEGGER, **EXECUTIVE EDITOR**

HARD-HEADED

Build championship-caliber triceps by adding creativity to your routine



The triceps brachii muscle, as the name implies, consists of three heads (medial, lateral, and long). So why do so many people employ so few angles and variations when training their triceps? It seems as though the typical routine involves pressdowns with a bar or rope, some lying extensions, and little else. But to fully develop mass, shape, and detail in the muscle, you need to run the gamut of exercises. Here are some guidelines on hammering out your horseshoes.

TARGET: LATERAL HEAD

MOVES: Close-grip bench press, weighted dip.
Lying extensions are a great mass builder, but nothing beats the close-grip bench for adding size to the backs and sides of the upper arms. The key is not using too narrow a grip—keep your hands about 12 inches apart so you can use a fairly heavy weight, which is crucial for developing size.

Weighted dips are another great mass-building move. Keep your body upright to maximally impact the triceps; don't angle your torso forward as you would to focus on your pecs. I always preferred using enough weight to fail at 10 reps or fewer; save the sets of 12–15 reps for exercises such as pressdowns and kickbacks.

TARGET: LONG HEAD

MOVES: All overhead extensions.
Overhead movements are clearly the best way to hit the triceps' long head, but I suggest using as many different variations of overhead extensions as possible. One of my favorites is the one-arm overhead dumbbell extension. Most bodybuilders rely on the two-arm version, but if you have any size imbalance from arm to arm, you'll only perpetuate it by doing two-arm moves. That's where one-arm extensions prove effective.

Another personal favorite is the overhead cable extension, in which you attach a straight bar or rope to a low-pulley cable and follow the same technique as with a dumbbell. These can be performed seated or standing. What I like so much about the cable version is the constant tension it provides. If you're used to doing only dumbbell extensions, you'll definitely be sore the day after using a cable.

TARGET: MEDIAL HEAD

MOVES: Reverse-grip pressdown, lying extension.
If you want great triceps, you should never neglect the medial head. Using a reverse grip on pressdowns is a great way to do this (an EZ-bar attachment can alleviate stress on the wrists). For a more novel exercise, try reverse-grip lying barbell extensions (again, an EZ bar may be more comfortable). Just keep in mind, you'll want to use a significantly lighter weight than you would for standard lying extensions.



TRI'D AND TRUE

Here's a triceps routine to test over the next few weeks. It may be different, but if it's new for you, it'll prove that much more effective.

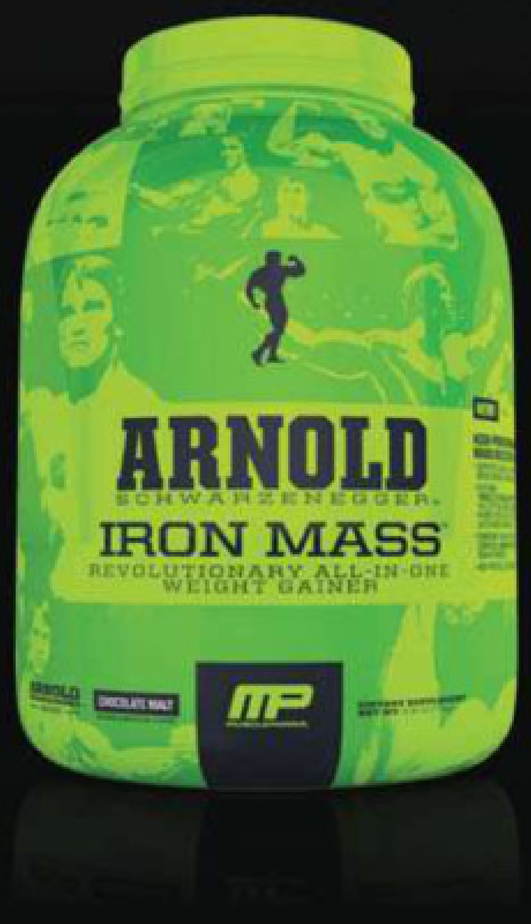
EXERCISE	SETS	REPS
Close-grip Bench Press	4	8–10
Weighted Dip (body upright)	3	6–8
Overhead Cable Extension*	3	10–12
Reverse-grip Cable Pressdown**	3	12–15

* Alternate with one-arm dumbbell overhead extensions every other workout.
** Alternate with reverse-grip lying barbell/EZ-bar extensions every other workout.

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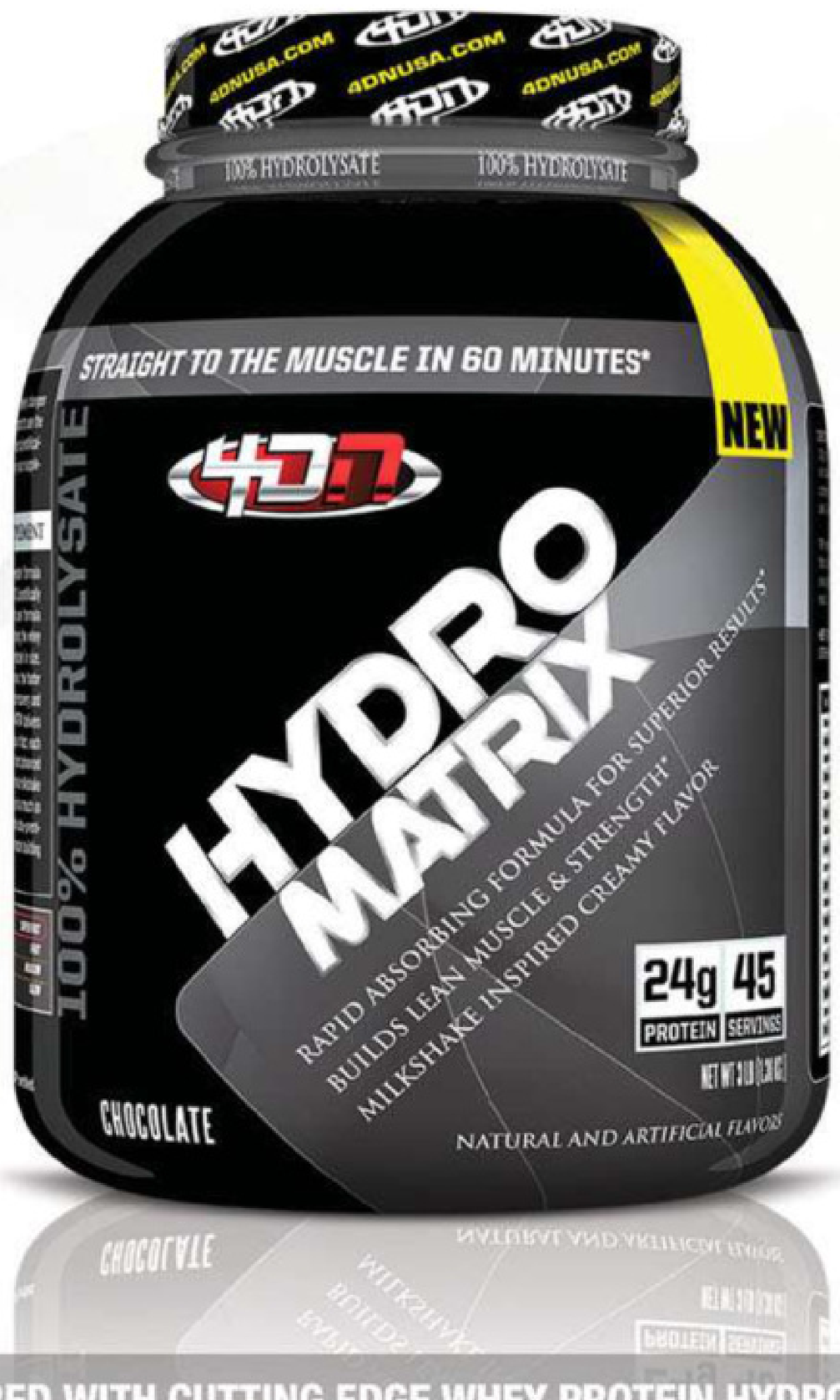
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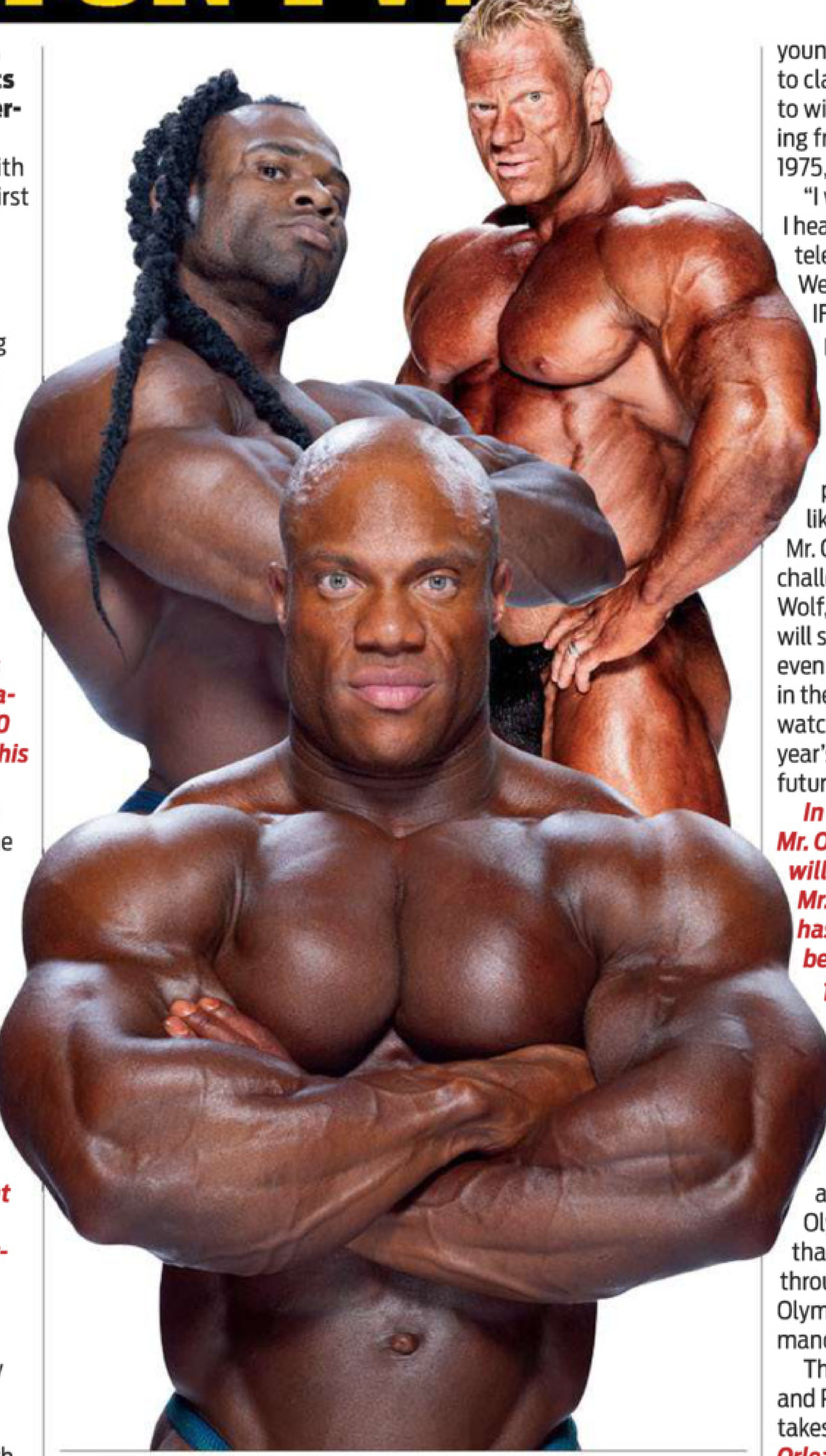
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2014 OLYMPIA WEEKEND BACK ON TV!



American Media, Inc. (AMI) and NBC Sports Group announced a partnership to televise the 2014 Mr. Olympia contest on NBCSN with two 90-minute specials, the first on Oct. 18 at 1:30 p.m. ET and the second on Oct. 25 at 5:30 p.m. ET.

"We are pleased to partner with NBC Sports Group to bring the excitement of the 2014 Mr. Olympia, and all of the events of Olympia Weekend, to a national television audience," said AMI chairman, president, and CEO David J. Pecker. ***"The Olympia Weekend is an extraordinary event that underscores the passion and commitment that every competitor brings to the stage, and the exhilaration of the more than 40,000 spectators that will attend this year's event."***

The partnership brings the Mr. Olympia back to TV for the first time since 1984, when Lee Haney won his first of eight titles.

"We look forward to bringing the bodybuilding world's most prestigious event back to television for its 50th annual contest," said Lou Ferrer, the director of programming acquisitions for NBC Sports Group.

Each telecast will highlight various aspects of the Mr. Olympia competition, featuring the sport's biggest stars including Kai Greene, Dennis Wolf, Shawn Rhoden, and Mamdouh "Big Ramy" Elssbiay as they attempt to wrest the coveted title from three-time defending champion Phil Heath. One of the most notable winners of the contest was a young Austrian bodybuilder named Arnold Schwarzenegger who won the Mr. Olympia in 1970 at age 23. Schwarzenegger was the youngest competitor to claim the title and went on to win seven more before retiring from competition (1970–1975, 1980).

"I was very excited when I heard that NBC would be televising this year's Olympia Weekend," said Jim Manion, IFBB Professional League president. "People will see what bodybuilding and fitness is all about and getting an up-close view of the larger-than-life personalities of superstars like reigning and three-time Mr. Olympia Phil Heath, No. 1 challenger Kai Greene, Dennis Wolf, Shawn Rhoden, and others will surely grow the fan base even further. And who knows, in the vast television audience watching NBC's broadcast of this year's contest, it may inspire a future Mr. Olympia."

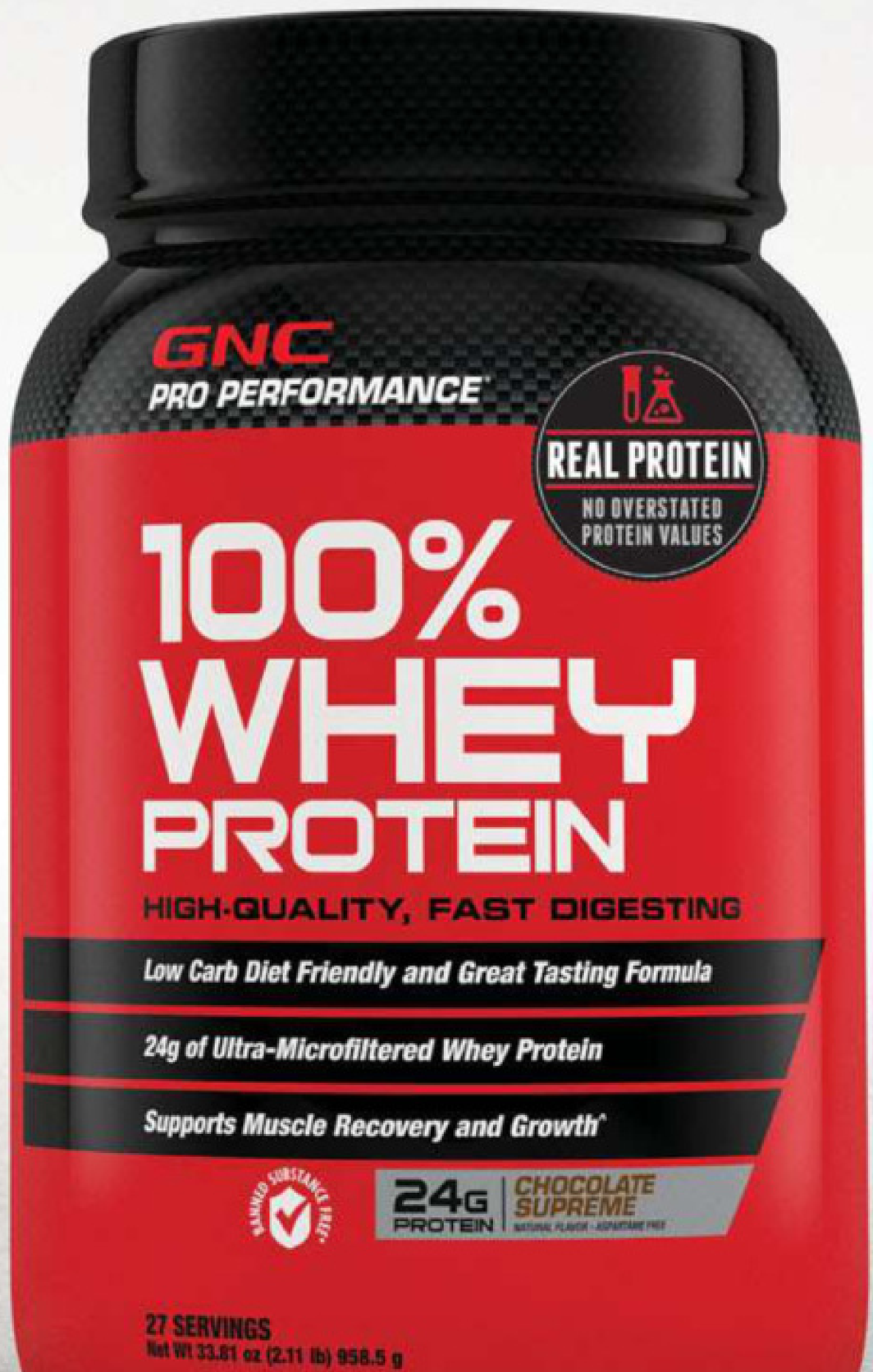
In addition to crowning Mr. Olympia, the telecasts will also showcase how the Mr. Olympia competition has grown from its humble beginnings in 1965 into a four-day extravaganza featuring the Fitness, Figure, and Bikini Olympia contests, the Olympia 212 Showdown, Men's and Women's Physique Showdowns, and the excitement of the Olympia Expo. Last year, more than 40,000 people passed through the doors for The Mr. Olympia Fitness and Performance Weekend.

The 2014 Mr. Olympia Fitness and Performance weekend takes place ***Sept. 18–21 at Orleans Arena in Las Vegas, NV.*** Tickets are available now at *mrolympia.com* or by calling 888-234-2334.

For listings and the NBCSN Channel Finder, visit *nbcsports.com/tv-listings.*

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MR. OLYMPIA RENEWS AMI/WEIDER CONTRACT!



In the early half of 2005, the buzz in the bodybuilding world centered on a 25-year-old former college basketball player from Colorado who had just won the NPC Junior Nationals Championships. That buzz was so loud that AMI/Weider Publications signed the amateur to an exclusive contract. In an age when pro hopefuls typically put in several years of effort to make the leap into the big league, Phillip Jerod Heath did it on his very first try at the NPC USA, in only his third year as a competitive bodybuilder (whew, the gamble paid off!). A new star was born and the Gift was being talked about as a future Mr. Olympia. But the same had been said about Kevin Levrone and Flex Wheeler, whom he was compared with regularly. Although both Hall of Fame bodybuilders had come close, neither had managed to win the big one. But Heath grew and grew, making the kind of dramatic improvements seen only in the beginning stages of a bodybuilder's journey. After several shining moments, and a few minor speed bumps, in 2011 Heath did what only 12 men before him had done since 1965: He won the Mr. Olympia. Now, three years later and heading into the historic 50th Mr. Olympia, Heath is shooting for his fourth consecutive Sandow. And in early May Mr. Olympia signed an exclusive two-year deal to remain a Team AMI/Weider athlete. We sure know how to pick 'em...and keep 'em!



THE RUSSIAN BEAR RETURNS

At 6 feet and 280 pounds, Alexander Fedorov was hyped as a real-life Drago and one of the biggest threats to then-Mr. Olympia Ronnie Coleman's reign. The older generation of fans will remember him as the man-child who burst to international awareness on the heels of his third-place finish behind Coleman and Jay Cutler at the 2003 IFBB Russian Grand Prix. In his pro debut, the 25-year old had the mass and density to stand toe-to-toe with two of the biggest bodybuilders in the world. A year later at the same contest, Fedorov placed second to Coleman, setting himself up as a front-runner leading up to the 2005 Olympia. That contest turned out to be a disaster—as he failed to place—and 2006 was no better, with ninth being his highest placing in the three contests he did that season. Fedorov retired and promptly disappeared from the bodybuilding landscape, but on Nov. 1, the Russian Bear will make his return to the contest stage at the 2014 IFBB Grand Prix Fitness House Pro in Saint Petersburg, Russia. Keep an eye out for our exclusive Fedorov feature in next month's issue.

COURTESY OF PHIL HEATH; IGOR KOPCEK OF EAST LABS (EASTLABS.BIZ); FLEX WHEELER: CHRIS LUND

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BPI Sports, one of the industry's leading sports nutrition manufacturers, is the official sponsor of the 2014 FLEX Bikini Model Search Championships, held Sept. 19–20 at the 2014 Joe Weider's Olympia Fitness and Performance Weekend in Las Vegas, NV. With hundreds of the hottest bikini competitors in the world, it's no wonder the FLEX Bikini Model Search has become one of the most popular events held at the Olympia Expo. BPI Sports has been the fastest growing supplement brand over the last two years, and sister brands like Image Sports, Pro-Nutra, and Jay Cutler Nutrition are contributing to an outstanding 2014. For more on BPI Products and their related companies, check out bpisports.net. Go to FLEXonline.com for rules and registration for the 2014 FLEX Bikini Model Search.

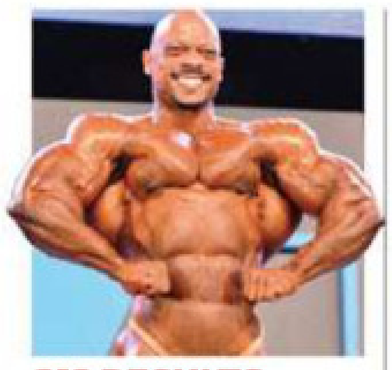


IFBB PROFESSIONAL LEAGUE

FLASH REPORT May 3–4, Zilina, Slovakia

2014 IFBB MOZOLANI PRO

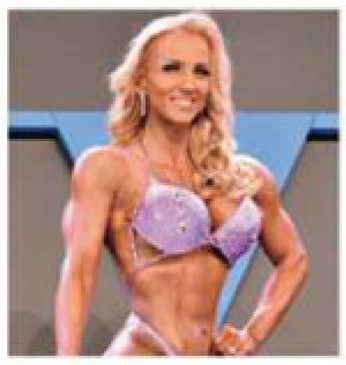
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212 RESULTS

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2. Khalid Almohsinawi
3. Marian Cambal

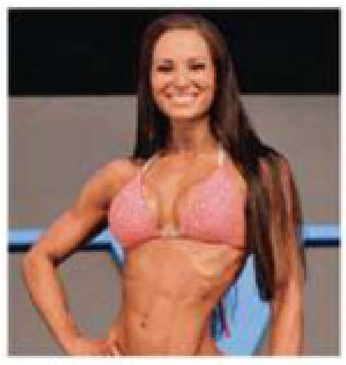
**Qualified for 2014 Olympia 212 Showdown*



FIGURE

1. Natalia Revajova Lenartova*
2. Kati Alander
3. Zsuzsanna Toldi

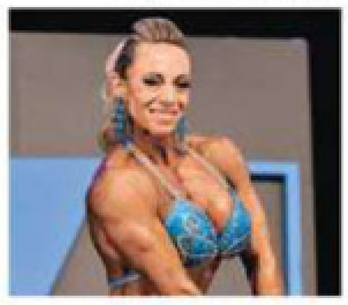
**Qualified for 2014 Figure Olympia*



BIKINI

1. Christina Strom Fjaere*
2. Jana Majernikova
3. Nikola Weiterova

**Qualified for 2014 Bikini Olympia*



WOMEN'S PHYSIQUE

1. Nathalie Falk*
2. Olga Beliakova
3. Aurelia Grozajova

**Qualified for 2014 Women's Physique Showdown*

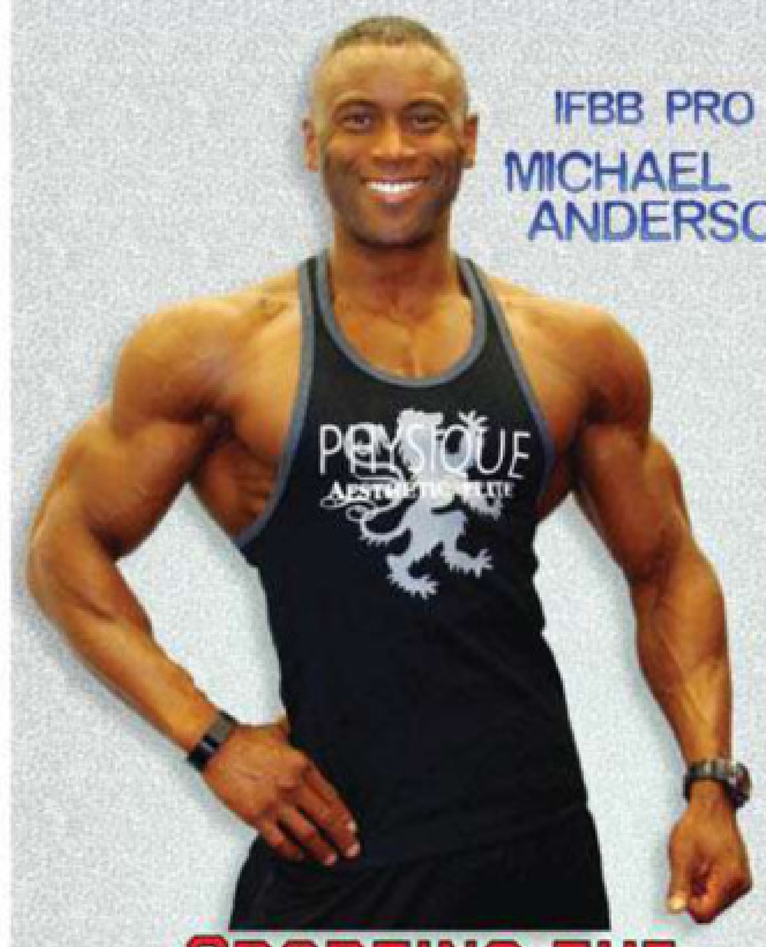
BREAKING NEWS

FLEX WHEELER COMES BACK!

You know the name. You know the physique. With four Arnold Classics, five Ironman Pros, and three runners-up at the Olympia, Flex Wheeler is without question one of the greatest bodybuilders to ever step onstage. In addition to the phenomenal physique that racked up 16 wins over a nine-year pro career (counting only the years he competed), part of the whole Wheeler package was his larger-than-life personality, which was at times outspoken, cocky, and almost always controversial. Wheeler has been busy covering the sport in print and video since his retirement in 2003, and he brings his insight to FLEX (the mag) as the newest member of Team AMI/Weider. We're thrilled to have him onboard, and you can check out his debut in this issue's Olympia preview.



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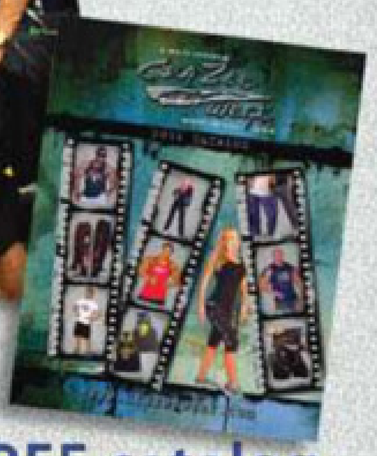
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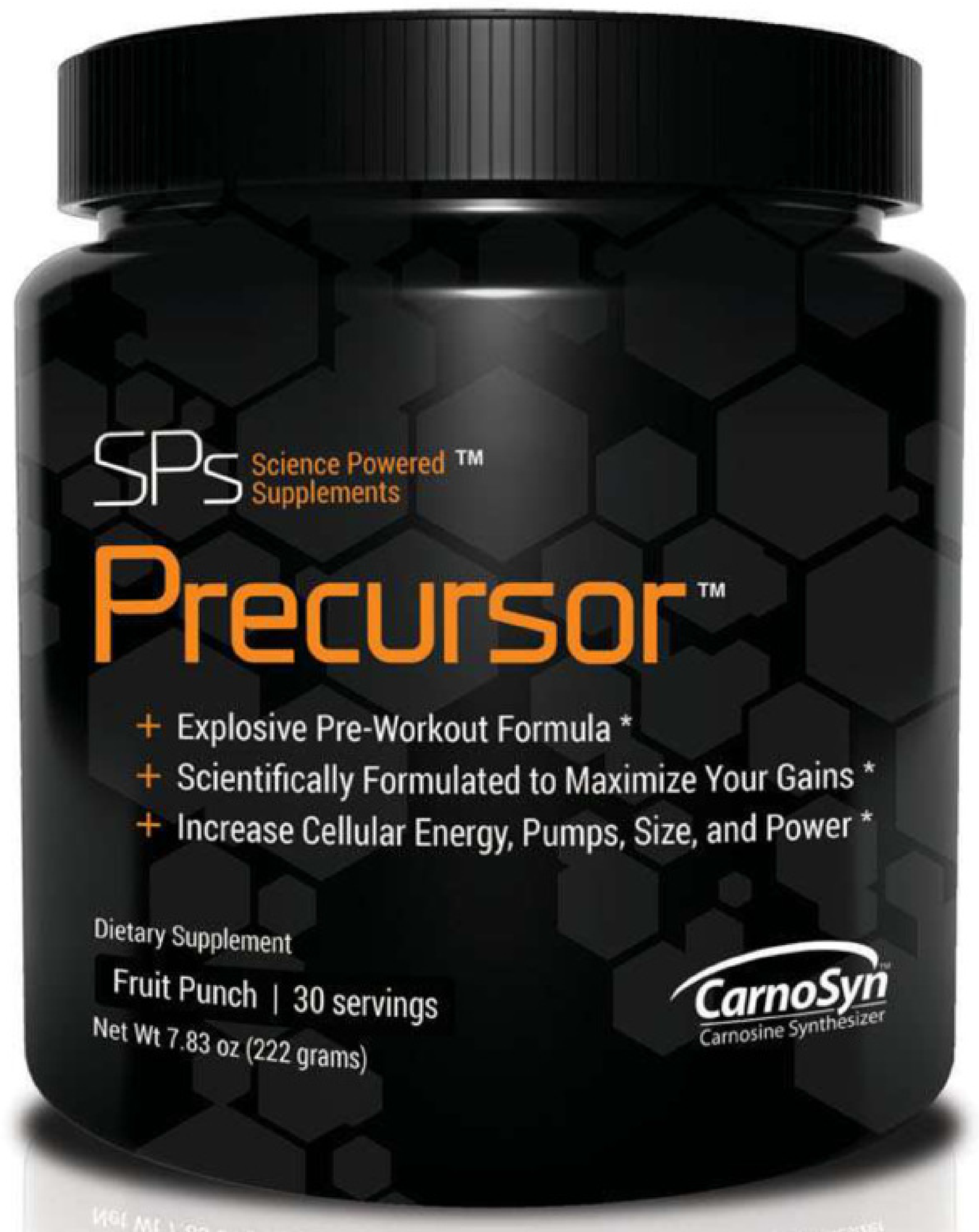
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Artist's conception of the 5-storey, state-of-the-art, $58 million facility located in the heart of downtown Toronto, Ontario. The centre will overlook a 5,000-seat varsity stadium that includes a 400m eight-lane track, and state-of-the-art artificial turf field with a dome for winter use – truly a sports and recreation facility like no other. The centre will also contain the MuscleTech® Metabolism & Sport Science Lab.

Patkau Architects / Maclennan Jaunkalns Miller Architects / Associated Architects for Varsity Centre for High Performance Sport

Introducing the MuscleTech® Metabolism & Sport Science Lab at the University of Toronto

As the worldwide leader in sports nutrition, MuscleTech® is proud to announce a landmark partnership with the University of Toronto. We are extremely excited to enter into this multi-million-dollar, 20-year research commitment at one of the world's top 20 universities. This is but the latest science-supporting endeavor from MuscleTech®, further demonstrating our unmatched dedication to launching new innovations through research and development that enhance performance and quality of life.

As part of the brand new $58M Goldring Centre for High Performance Sport, the MuscleTech® Metabolism & Sport Science Lab will be dedicated to advancing sports and performance supplementation. The lab will cultivate new, innovative ingredients exclusive to future MuscleTech® products. The state-of-the-art venue will also include a 12,000 sq. ft. strength and conditioning facility, elite sport medicine clinic, along with a basketball and volleyball field house.

MuscleTech® is excited to actively invest in the future of sports nutrition research, and looks forward to continued industry-leading innovation for decades to come.

UNIVERSITY OF TORONTO



The University of Toronto has been around since 1827 and was the first institution of higher learning in Canada. The prestigious University of Toronto was recently ranked in the Top 20 for overall performance as stated in the Times Higher Education World University Rankings 2013–2014 report.

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Patkau Architects / Maclennan Jaunkalns Miller Architects / Associated Architects for Varsity Centre for High Performance Sport

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– Professor Ira Jacobs,
Dean, Faculty of Kinesiology and Physical Education

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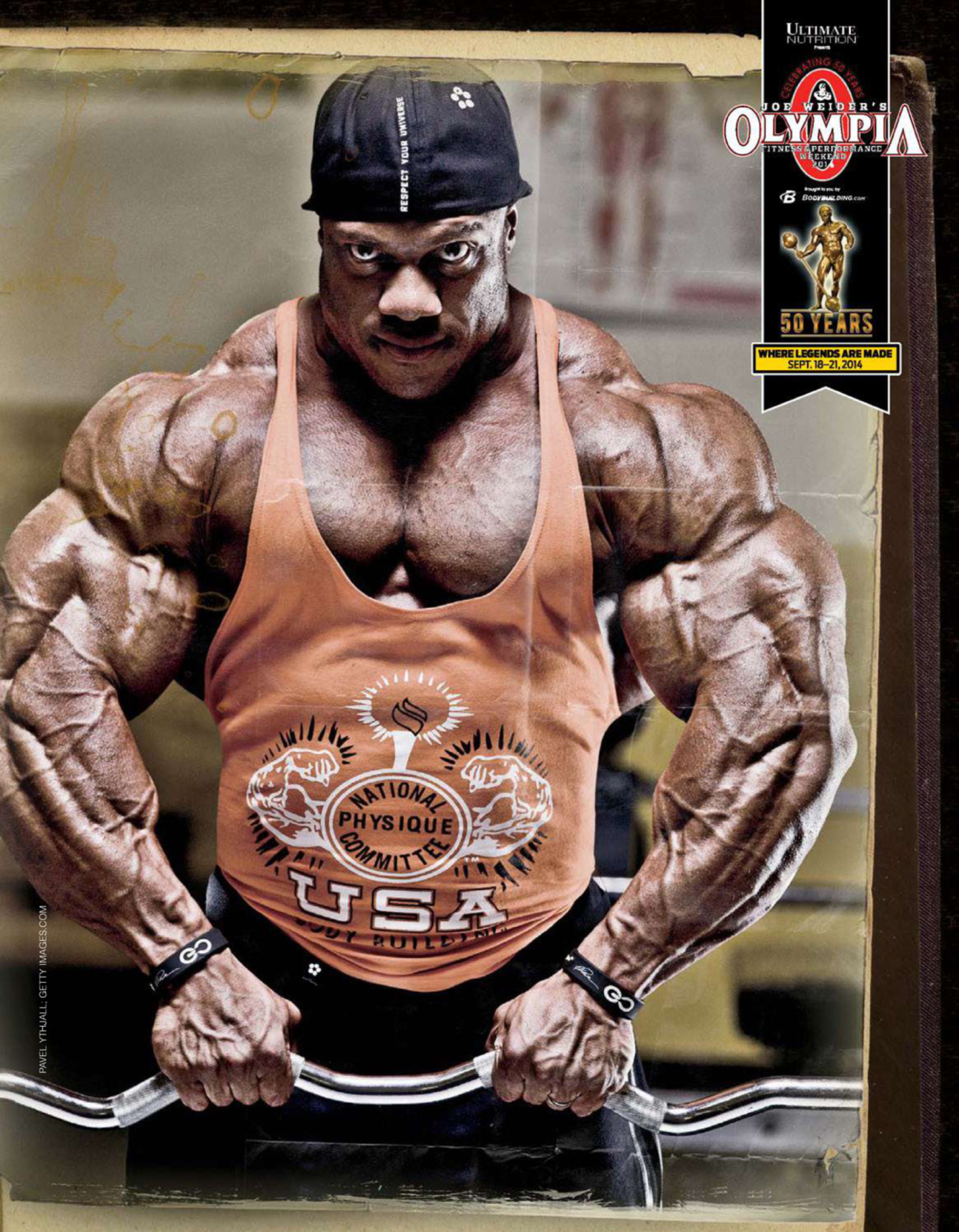
BY **GREG MERRITT**

the definition of Phil

You know what a gift is. But do you truly know who Phil "the Gift" Heath is? What distinguishes him from the rest of the world's best bodybuilders and from the legends who preceded him? What drove him to win the last three Mr. Olympia's and what's driving his quest to win No. 4 this year and more in future years? We provide the answers in an A–Z lexicon of all things Heath.

ARNOLD CLASSIC

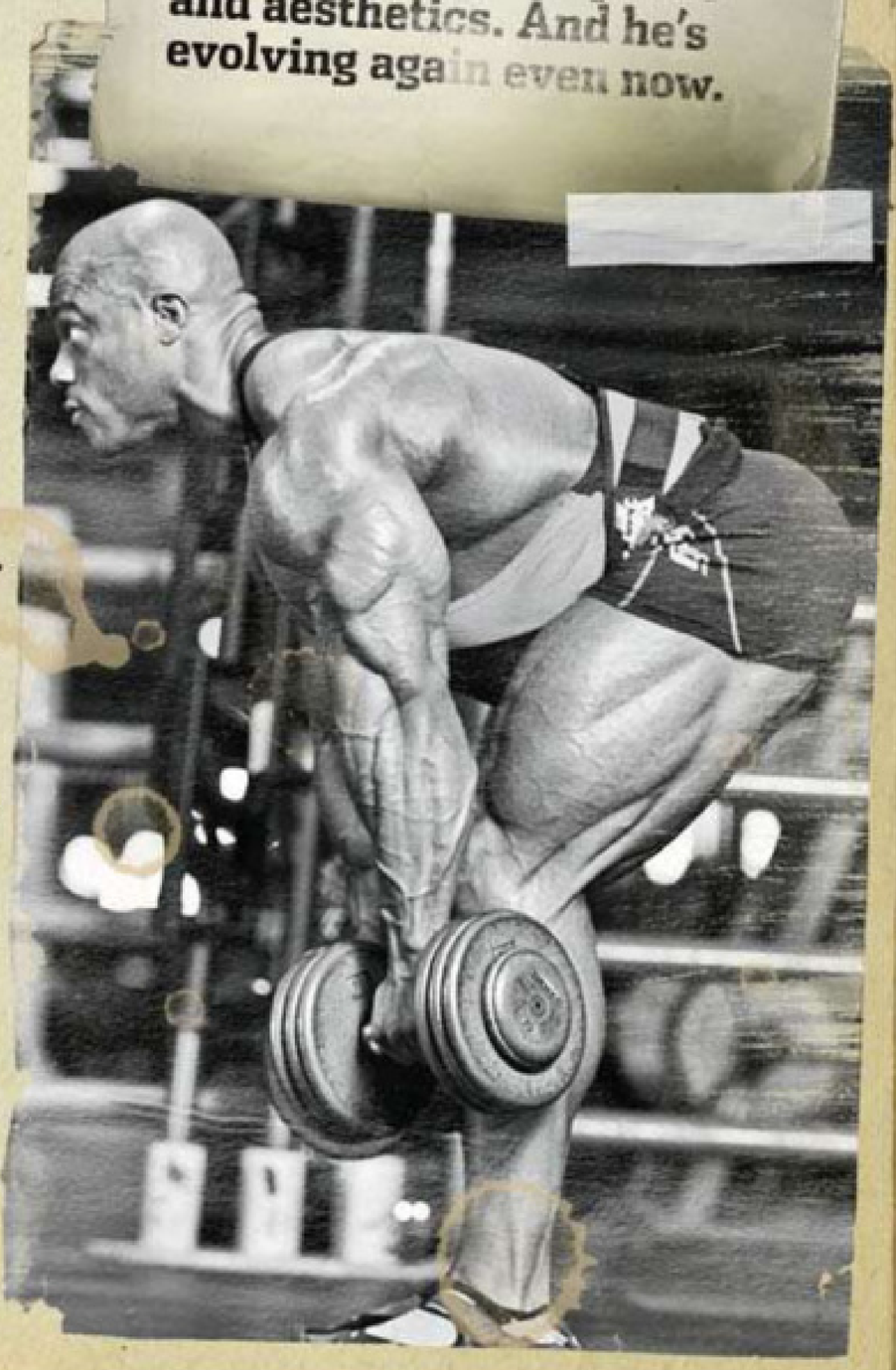
This is the one that got away. To a remarkable degree, Heath's career has unfolded according to his long-range plan. The one exception is his failure to win the Arnold Classic. He competed in the A.C. three times and was second twice—most controversially in 2010 when he led after prejudging but lost to Kai Greene. He still talks wistfully about possibly returning to the Columbus, OH, stage and collecting an Arnold title, but if he continues his September winning streak, a detour to this March contest is unlikely. It's possible that never having won in Columbus is the best thing that ever happened to him, because the painful knowledge that even the best-laid plans can go awry fuels his every workout.



PAVEL YTHJALL; GETTY IMAGES.COM



He kept right on evolving, morphing into 250-pound Gift 3.0, the current king of bodybuilding, with enough mass to hang with anyone and with a clear edge in crispness and aesthetics. And he's evolving again even now.



BASKETBALL

A little-known fact is that Heath was an accomplished sprinter in high school, ranking near the best in Washington state in the 100- and 200-meter dashes. But his passion was bodybuilding. His senior year, he captained his high school basketball team when it won the state title. Subsequently, this defensive specialist and three-point marksman earned a scholarship to the University of Denver. He played in 65 games during his college career, but stardom eluded the 5'9" guard. His true gift lay elsewhere.

CHEST

This is his secret weapon. His arm size, back detail, and overall aesthetic-yet-freaky look draws most of the praise. But in his O wins, his chest thickness gave depth to his upper body that top challengers Jay Cutler, Kai Greene, and Dennis Wolf lacked. He hits his pecs with a variety of exercises (up to six per workout) from diverse angles and with a special emphasis on incline work to fill out the upper region.

DENVER

This has been Heath's adopted hometown since he entered the University of Denver in 1998. He and wife Jen currently live in suburban Denver. There he prepares for the Olympia out of the Los Angeles and New York spotlights. The central location also prevents him from enduring coast-to-coast flights for his frequent off-season guest appearances.

EVOLUTION

No Mr. Olympia has transformed his physique more over his pro career than Heath. The 26-year-old won his pro debut in 2006 at a mere 206 (high-def) pounds. The following year, when he was fifth at the Arnold Classic, he was still undersized. But in 2008, he unveiled Gift 2.0, 230 pounds with delts that obliterated his narrowness. He finished third at the Olympia that year. And afterward, he kept right on evolving, morphing into 250-pound Gift 3.0, the current king of bodybuilding, with enough mass to hang with anyone and with a clear edge in crispness and aesthetics. And he's evolving again even now.

PAVEL YTHJALL(2)



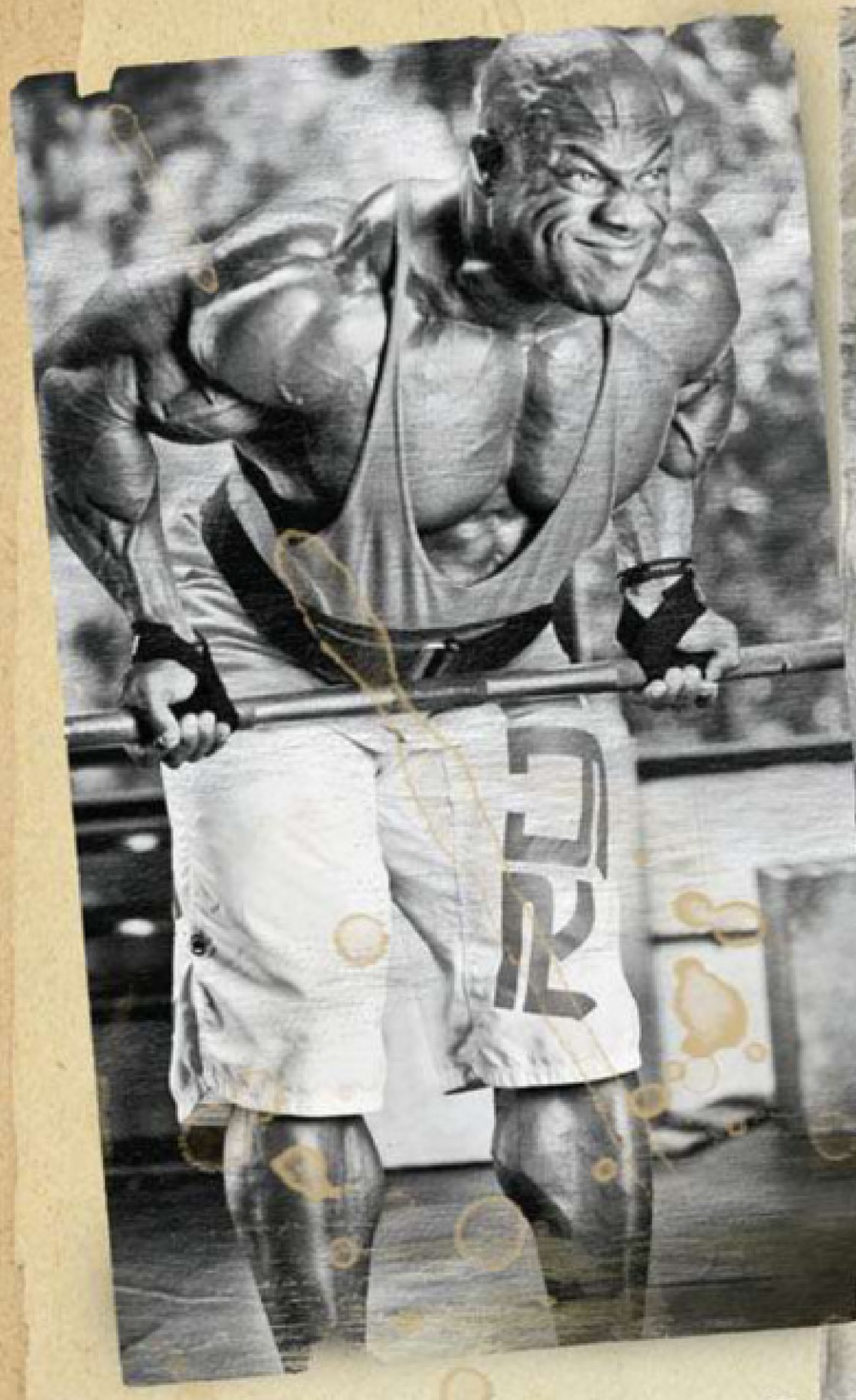
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FST-7
Fascia Stretch Training Seven is the system developed in 2007 by Hany Rambod and subsequently followed by Heath. Its greatest distinguishing feature is the concept of sevens. These are typically seven sets of an isolation exercise done at the end of a routine with only 30–45 seconds rest between sets. Sevens infuse the targeted muscles with a final, nutrient-rich pump.

GENETICS
No definition of Phil would be complete without a discussion of genes. After all, he is the Gift, a nickname which virtually pegs him as "the chosen one" bestowed with flawless DNA. The truth is more complicated. Even before he turned from basketball to bodybuilding, he was blessed with better-than-average arms. And he blew up rapidly when he first started weight training. But no one gets everything. He didn't get wide clavicles. What's more, Heath explains that his true gift is not granted to him. It's what he does with what he's been granted. It's his drive to be the best he can be.

Heath explains that his true gift is not granted to him. It's what he does with what he's been granted. It's his drive to be the best he can be.

HANY RAMBOD
Heath met his nutritionist/trainer in 2005. After watching Rambod prep his athletes for the 2005 NPC Nationals, Heath hired him. They've been working together ever since in a relationship that is more brotherly than business.

INTENSITY
He's not known for howling, cursing, take-no-prisoners excursions through the pain zone. He leaves the theatrics for the stage. Nevertheless, Mr. O does boost intensity with techniques like sevens, supersets, and dropsets.

JAY CUTLER
In 2003, at his first bodybuilding contest, the 190-pound Heath met guest poser Jay Cutler. By 2005, they were friends. Eventually, when Heath ascended through the

JASON BREEZE

pro ranks to Cutler's lofty level, they became rivals, too. The Gift lost to Cutler three times before turning the tables at the 2011 Olympia. Appropriately, Heath has now evened the score. Each has beat the other thrice.

KAI GREENE

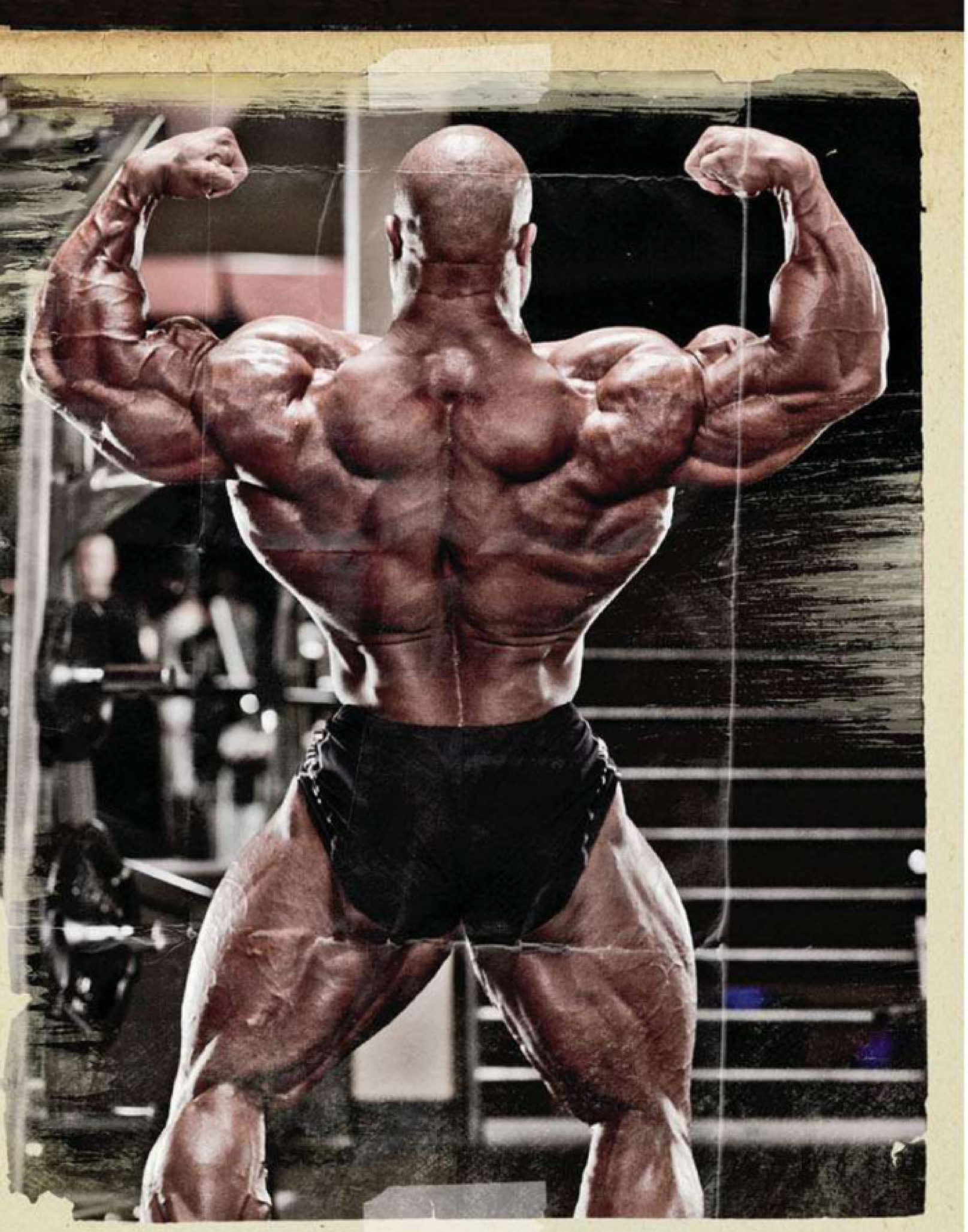
Whereas Heath vs. Cutler was one of the most cordial clashes in the history of bodybuilding, Heath vs. Greene is one of the most contentious. This is due to their widely divergent personalities and physique types, but also because of their repeated close proximity on score sheets. Familiarity has bred contempt. They've finished just one place apart six of the last nine times they've squared off, including Greene's runner-up finishes behind Heath in the past two Olympia's. The Gift's main nemesis continues to drive him to greater heights, and vice versa.

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Throughout his career, Heath has brought up his weaknesses and downplayed his strengths, always endeavoring to keep all areas of his physique properly proportionate.

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PAVEL YTHJALL

LATS

If we look back at his first three years of bodybuilding fame, from 2005 to 2007, the knock on Heath wasn't just that his shoulders were narrow, it was that his back was lagging, too. To a large degree, lat width is limited by clavicle length. But don't tell that to the Gift. For years, he made back his first priority. Remarkably, he pulled off the rare feat of turning a weakness into a strength. Will his lats be the broadest on the Olympia stage this year? No. But, from traps to spinal erectors and to all the lumps in between, his will likely be the densest and most complete back in the lineup.

MODERATION

Eight-time Mr. Olympia Lee Haney once famously stated his training philosophy in three words: "Stimulate, don't annihilate." The same could be said of the current three-time Mr. O's workouts. A key component of Heath's long-term strategy is injury avoidance. Accordingly, he sticks to moderate volume and does mostly straight sets (usually four per exercise) for 10–12 reps.

NUTRITION

Tell Mr. O you're struggling to gain muscle, and he'll turn to your meals instead of your workouts. It's more probable you're not consuming enough of the right foods than it is you're not doing the right exercises or getting enough rest. Heath started working in a supplement store after college, and from the beginning of his 12-year bodybuilding journey he understood the importance of quality protein, complex carbs, and supplements for maximizing muscle.

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Bowl of Bodybuilding" is this year celebrating its 50th anniversary. Heath, who has competed in the last six Olympias and won the last three, is only the 13th member of the Sandow Society. He goes for Sandow No. 4 on Sept. 19–20. If he wins it, he'll be tied with his good friend Jay Cutler for the fifth-most Olympia wins ever.

PROPORTIONS

When people talk about bodybuilding aesthetics, it can mean several things. Let's check them off for Heath: A slim waistline is paramount. Check. The shape of the muscles is also crucial (we're talking fullness and deep separation). Check. Finally, all of those muscles need to be in proper concert with each other. Check. Throughout his career, Heath has brought up his weaknesses and downplayed his strengths, always endeavoring to keep all areas of his physique properly proportionate.

QUALITY

When assembling an A–Z lexicon, Q can be problematic. Heath was never a quarter-back or quinoa farmer. No, this one comes down to quality or quantity—the yin and yang of bodybuilding. Either works. He has them both—a gargantuan quantity of quality muscle. But if the choice is between one or the other, Mr. O's going to side with quality every time. He's never simply piled on pounds in a quest to weigh an ever greater number, blowing up his arms, for example, simply because they grow easily. Instead, he's methodically added quality flesh that enhances his overall shape.

REAR DOUBLE BICEPS

This is it—the PTMM (pose that matters most). When a bodybuilder going through his mandatory poses turns to face the curtain, spikes a calf, locks his arms into position and flexes, the judges get not just their first and ideal view of a wide variety of muscles from head-to-toe, but they see the best barometers of conditioning: definition in the spinal erectors, hamstrings, and glutes. This pose demonstrates both who put in the work in the gym to develop areas like inner traps, rear delts, and calves that many undertrain, and also who put in the work during their prep to shed virtually all body fat and subcutaneous water. If you're looking for one reason why Heath is going for his fourth straight Sandow this year, it's because he made the PTMM his best pose.

SEATTLE

Born December 18, 1979, and raised by his mother Rosella Braxton and stepfather Jerry Dorsey, Phil Heath spent his first 18 years in Seattle. He had no interest in bodybuilding then. Instead, he was a classically trained pianist and a street-trained b-baller. But, with the love and support of his parents, this was where his character and drive originated and blossomed.

TRICEPS

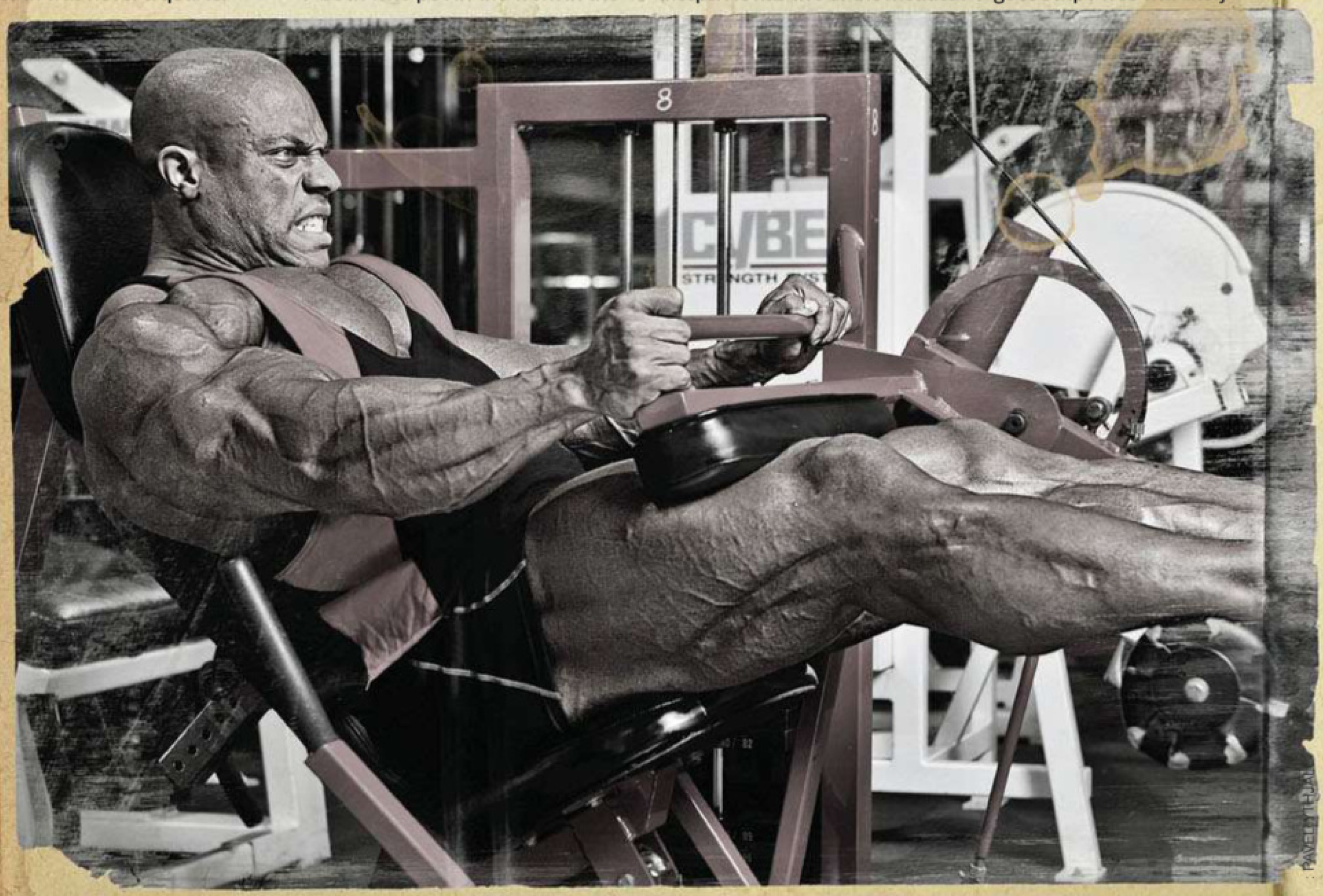
The essence of Heath's greatness is his combination of pleasing aesthetics and gasp-inducing freakiness. And no body part better embodies both qualities than his triceps. He has two of the meatiest tri's ever seen. Heath usually starts his triceps workout with rope pushdowns and ends it with dips and does extensions and sometimes close-grip bench presses in between. But the truth is this is the area where he is most gifted. He had good arms before he even began bodybuilding. And once he started repping out pushdowns and extensions, he quickly turned tri's into stare-inducing traffic-stoppers.

USA

This is the title he won in 2005 after catapulting to prominence with his Jr. USA victory two months prior, and this one sent his stock soaring. By qualifying for the IFBB Pro League on his first try, he was the rare bodybuilder to go "one-and-done."

VISUALIZATION

Working out without knowing how you want your future physique to appear is like shooting a movie without a script. Any director who goes script-free will likely





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The essence of Heath's greatness is his combination of pleasing aesthetics and gasp-inducing freakiness.

film useless scenes. Similarly, a bodybuilder without an image of what he hopes to achieve is prone to focus more on his pluses than his minuses and grow increasingly out of balance. Heath is forever taking stock of what he needs to emphasize and de-emphasize to improve his physique and achieve his visualized ideal.

WEIGHTS

Mr. O readily admits he sees guys in the gym all the time putting up bigger numbers than he does. And yet they don't carry around half as much muscle as him. Weights are just tools. Choose the right tool to best work your muscles. You could use a sledgehammer to pound a nail, but you'll likely miss the nail and you may do unintended damage. A standard socket hammer is going to work best precisely because it's smaller and you can handle it properly. With the right tool, you can hit the target every time. Likewise, a weight that lets you get 8–12 reps with precise form is better than a heavier weight that lets you get only a few reps with looser form.

X-FRAME

The Gift was not gifted with a classical X-frame: wide clavicles, narrow hips, expansive outer quad sweep. When he first catapulted to fame in 2005, he looked positively narrow in street clothes. Many experts prognosticated that this would prevent him from ever collecting a Sandow. But no one in the history of bodybuilding has done a better job of overcoming structural deficiencies than Heath. He did so by packing inches of flesh onto his deltoids, maintaining his svelte hips and waistline, and muscling-up his outer lats and outer quads. When he locks in his standing relaxed pose, it looks like a gargantuan X.

PAVEL YTHJALL; INSET: CHARLESLOWTHIAN.COM

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the zenith is forever moving, because however great he is now, he wants to be better tomorrow.

PAVEL YTHJALL

YOUTH

Heath got a late start in bodybuilding, but he grew so quickly that he earned professional status at age 25 and won his pro debut at 26. When he became Mr. Olympia at age 31 in 2011, he was the youngest champ since 30-year-old Dorian Yates took his first Sandow in 1992. Because he's now 34, you might think Heath's age advantage has vanished. Wrong. He was the youngest man in the Olympia top seven last year. And in the top 10, only Mamdouh Elssbiay (8th) and Lionel Beyeke (10th) were born after him. Heath's relative youthfulness is still an advantage he can exploit over most of his top challengers. He won't be 40 until the 2020 Olympia. How many Sandows will he have by then?

ZENITH

What motivates a bodybuilder once he has become Mr. Olympia? Two things. First, more Olympias. Once you join the Sandow Society, your competition becomes the legends who made it there before you. Heath has stated his ultimate goal: 10 Olympia wins, breaking the current record of eight and tacking on one more for good measure. The second thing is more important, because Heath shares it with all bodybuilders, from the rawest beginner to Kai Greene. He wants to push himself to ever higher heights, to see how great his physique can be. He's curious and excited about what he can look like at this year's Olympia, and next year's, and the one five years from now. The zenith is forever moving, because however great he is now, he wants to be better tomorrow. Like a horizon, he can never reach perfection, but the drive for him and for all bodybuilders is to keep reaching, keep growing, keeping chasing the horizon. **FLEX**

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SUNDAY: QUADS, HAMSTRINGS & CALVES		
EXERCISE	SETS	REPS
Leg Extension	4	8–12
Front Squat	4	10–12
Leg Press	3	10–12
Hack Squat	7	5–7
Stiff-leg Deadlift	4	10–12
Lying Leg Curl	4	10–12
Seated Leg Curl*	7	5–7
Standing Calf Raise	4	15–20
Leg Press Calf Raise	4	15–20
Seated Calf Raise*	7	12–15
MONDAY: CHEST		
Dumbbell Incline Press	4	10–12
Dumbbell Incline Flye	4	10–12
Hammer Strength Bench Press	3	10–12
Pec Deck*	7	10–12
Dip	3	12
TUESDAY: BACK		
Wide-grip Pullup	3	10
Power-grip Chinup	3	10
T-bar Row	4	10–12
Bentover Row	4	10–12
One-arm Dumbbell Row	3	10–12
Straight-arm Pulldown*	7	12
WEDNESDAY (A.M.): QUADS		
Leg Extension	4	8–12
Front Squat	4	10–12
Leg Press	3	10–12
Hack Squat*	7	5–7
WEDNESDAY (P.M.): HAMSTRINGS & CALVES		
Stiff-leg Deadlift	4	10–12
Lying Leg Curl	4	10–12
Seated Leg Curl*	7	5–7
Standing Calf Raise	4	15–20
Leg Press Calf Raise	4	15–20
Seated Calf Raise*	7	12–15
THURSDAY: SHOULDERS		
Dumbbell Military Press	4	6–8
Dumbbell Front Raise	4	6–8
Upright Row	4	6–8
Dumbbell Lateral Raise*	7	6–8
Dumbbell Shrug	3–4	6–8
Barbell Shrug	3–4	6–8
Bentover Dumbbell Raise	4	6–8
Reverse Pec Deck*	7	10–12

FRIDAY: BACK		
EXERCISE	SETS	REPS
Wide-grip Pullup	3	10
Power-grip Chinup	3	10
T-bar Row	4	10–12
Bentover Row	4	10–12
One-arm Dumbbell Row	3	10–12
Straight-arm Pulldown*	7	12
SATURDAY: CHEST & ARMS		
Dumbbell Incline Press	4	10–12
Hammer-Strength Bench Press	3	10–12
Pec Deck*	7	10–12
Close-grip Bench Press	3	10–12
Lying Triceps Extension*	7	10–12
Standing EZ-bar Curl	3	10–12
Hammer Curl	3	10–12
Concentration Curl	3	10–12

*FST-7 (30-40 seconds rest between sets)

OFF-SEASON MEAL PLAN

MEAL 1
- 10 oz chicken
- 1 cup egg whites
- 1 cup grits

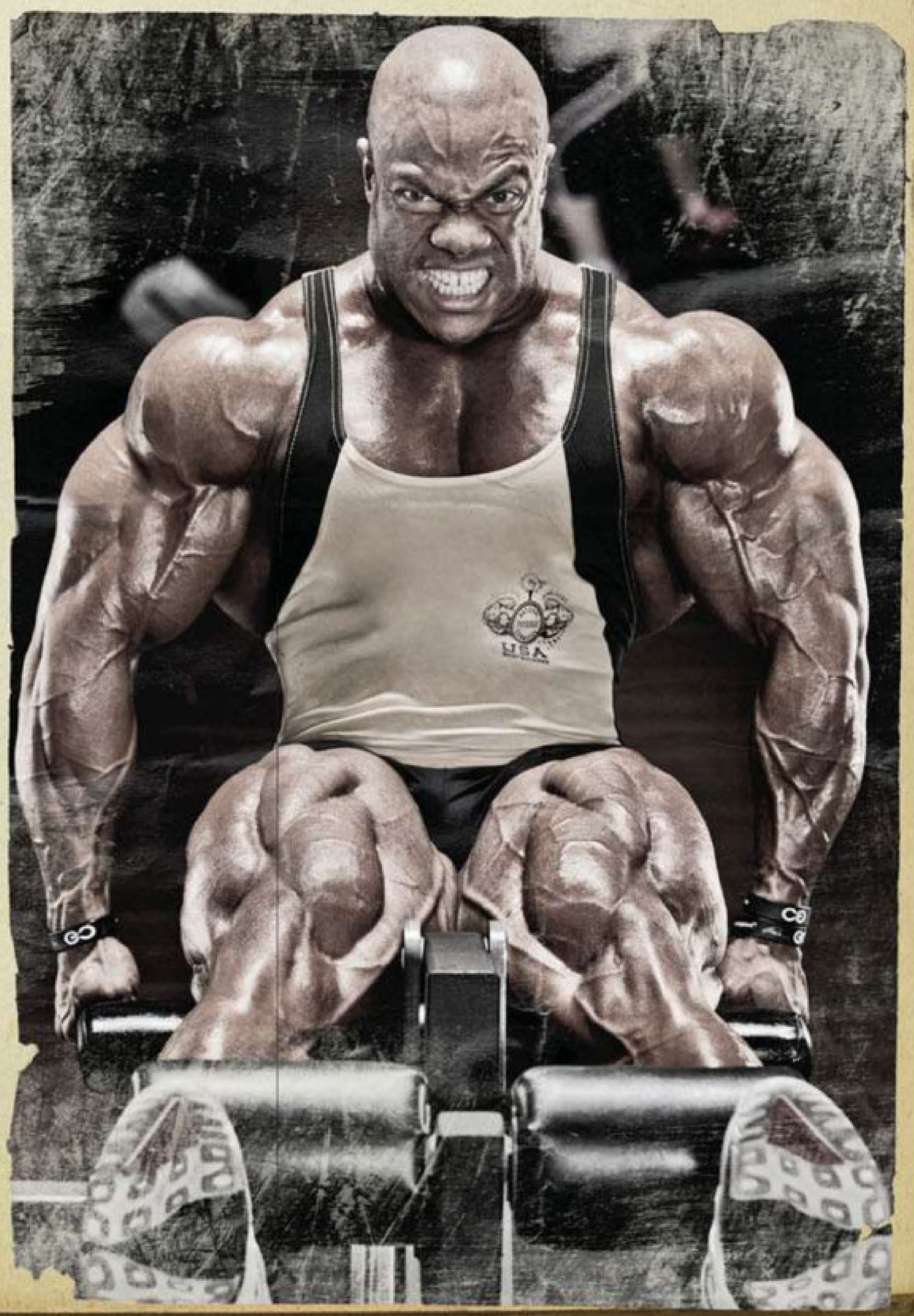
MEAL 2
- 12 oz 94% ground beef
- 2 cups white rice

MEAL 3
- 12 oz beef tenderloin
- 8 oz whole-wheat pasta

MEAL 4
- 6–8 oz beef tenderloin
- 10 oz white potato

MEAL 5
- 12 oz chicken
- 1 cup spinach

MEAL 6
- 12 oz 94% ground beef
- 1 cup broccoli



PAVEL YTHJALL

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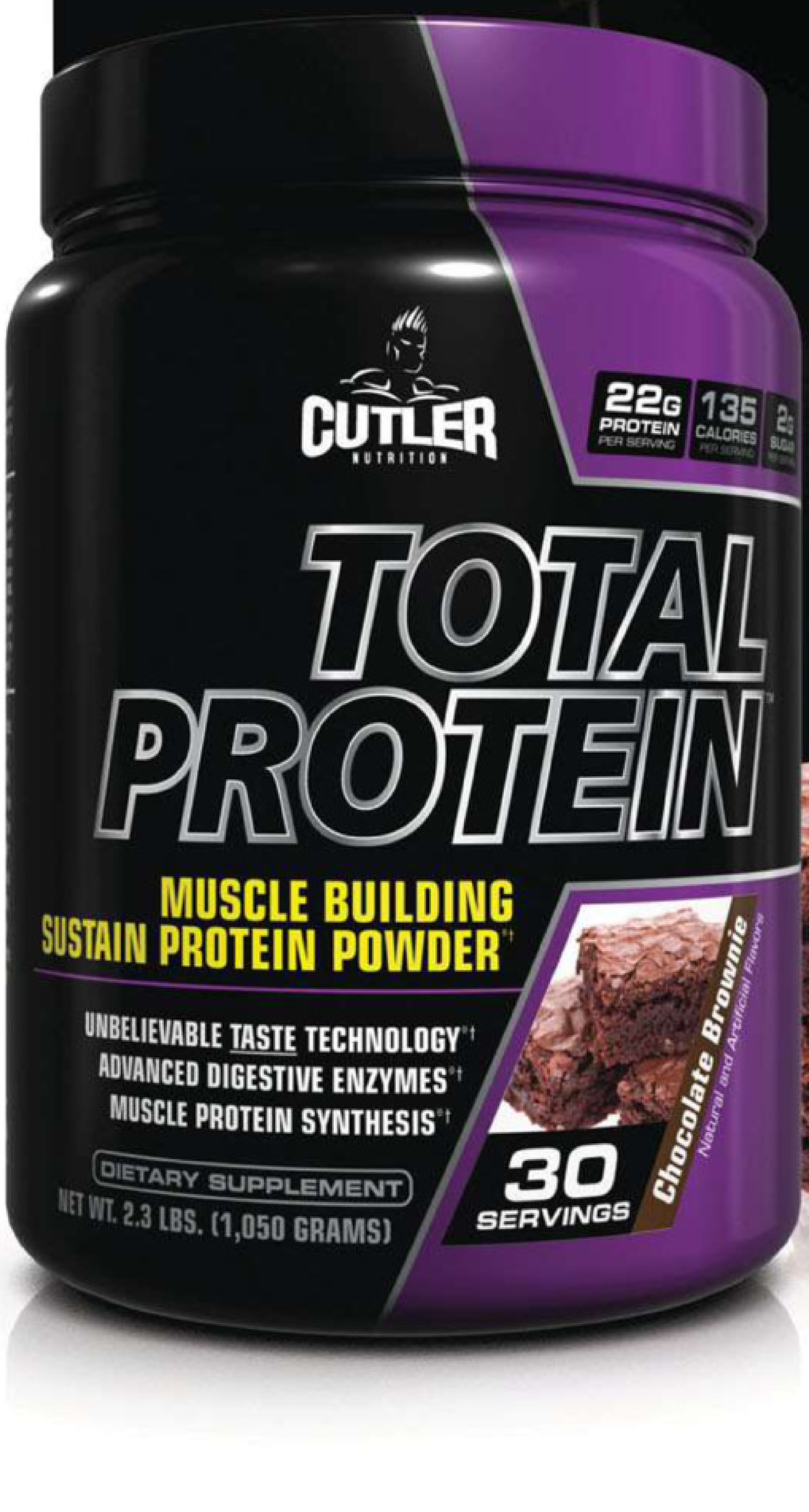
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- Jay Cutler
4x Mr. Oympia



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3 MUST DO EXERCISES FOR

BUILDING MUSCLE

A lot has changed in the bodybuilding world in the last 20 years. Training methods that were "cutting-edge" in the 1990s have become yesterdays' science. One thing that hasn't changed though is the impact Jay Cutler has had in the pro bodybuilding ranks.

As a Mr. Olympia, Jay is in pretty elite company, but what puts him in even more elite company is the fact that he has been at the top of our game for 20 years now. Having turned pro back in 1996, Jay has spent more time in the gym than just about anyone. With Cutler Nutrition supplements now available, Jay is able to deliver his nutrition secrets to the market, so let's use this opportunity to share some of Jay's training.

Jay identified 3 exercises he's relied on to build an Olympian physique and we'll explain how to fit them into your workout routine...

Jay puts his own twist by using an incline bench to brace his chest...

Exercise #1:

2 ARM DUMBBELL ROW

This exercise builds a great Back! This is a power exercise, and these will leave you sore!

Bodybuilders always want detail in the lats and that "V-Taper." Rowing exercises are a very popular way to achieve this, and there are machines in every gym to simulate this movement – but this is one exercise where a simple dumbbell movement beats the fanciest machine every day of the week!

Jay puts his own twist on this by using an incline bench to brace his chest... this prevents cheating and forces you to really squeeze and contract the back. One final tip from Mr. Olympia, turn or "Supinate" your wrists as you pull the dumbbells up in order to really engage the muscles in the back! For sports training and bodybuilding alike, 2 Arm Dumbbell rows are a must.

Exercise #2:

DUMBBELL PULLOVER

Chest training is only about how to increase your bench press. To compete at the highest levels, it's not just about lifting a lot of weight, but it's about training smart, and doing exercises the competition may not be d[illegible].

Dumbbell Pullovers are an exercise many people simply forget. Bench and Dumbbell Press are great for throwing the weights, but you need to stretch the muscle to force the tissue to grow. Not only do Pullovers allow for a great, growth-stimulating stretch, BUT they also deliver maximum PUMP forcing blood into the pecs.

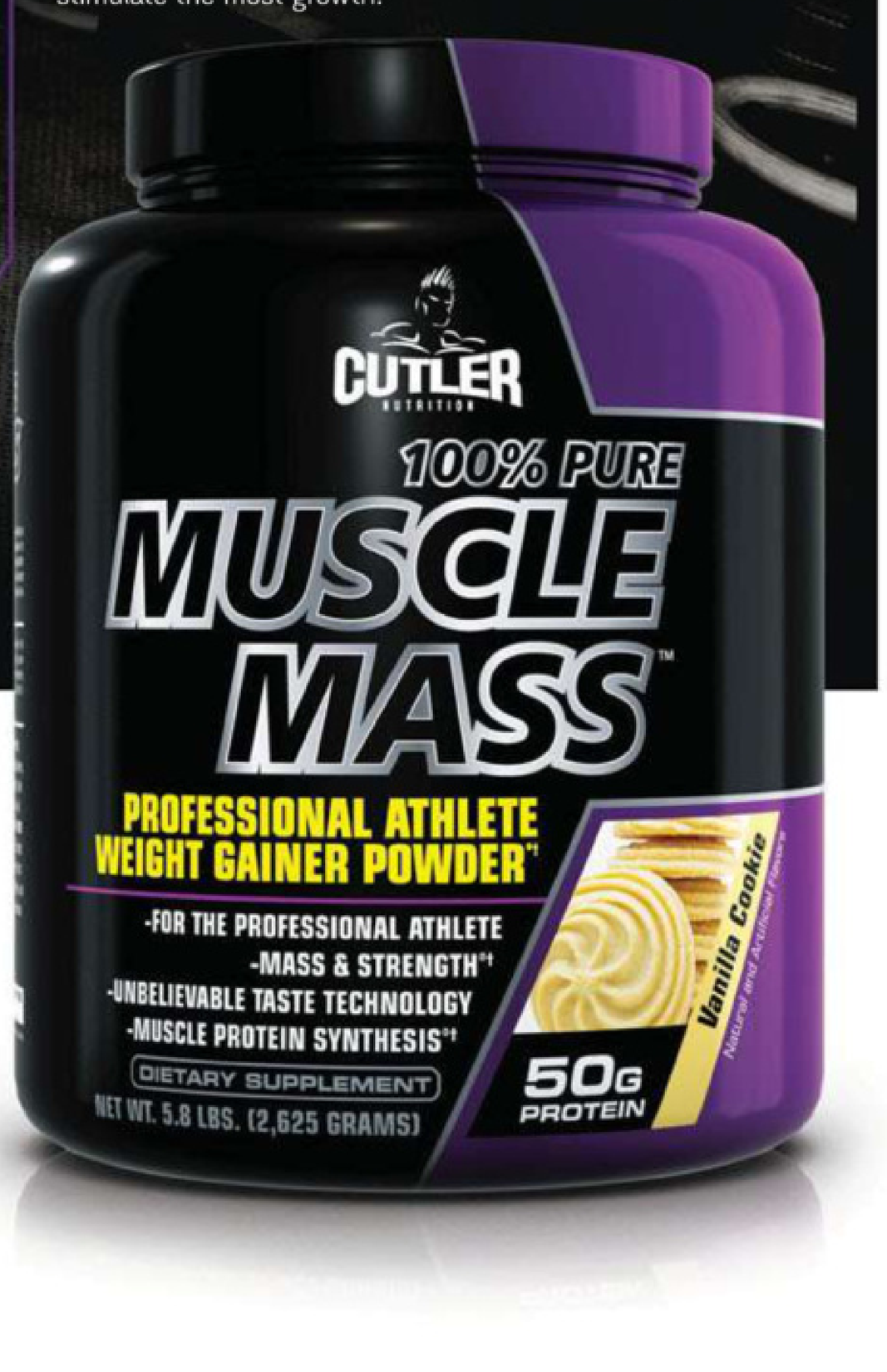
Exercise #3:

SIDE LATERAL (THE JAY CUTLER WAY)

Cutler has always been known for some crazy leg development, but one bodypart that really puts his physique ahead of the competition are his Delts... Big Delts are the key to making you look wide and huge, and there is no better way to build those cannonball Delts than Side Laterals.

One thing Cutler will tell ya, this exercise is more complicated than just swinging a pair of dumbbells around. In fact the swing negates a lot of the movement, and for this reason, Jay recommends sitting for the side lateral raises (as opposed to standing where people's natural body movement can influence the lift).

...Jay's final tip, keep the palms of your hands facing the ground as you raise the weight. This puts the tension right into the shoulder muscles, right where you want it, to stimulate the most growth.



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2002



1st Place at ARNOLD CLASSIC
2nd Place at OLYMPIA

2003



1st Place at ARNOLD CLASSIC
2nd Place at OLYMPIA

2004



2nd Place at OLYMPIA

2005



1st Place at OLYMPIA
WINS MR. OLYMPIA TITLE

2006



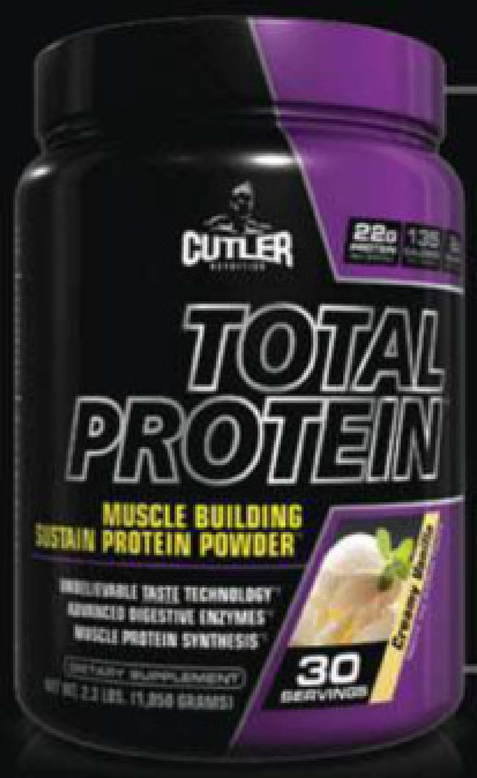
1st Place at OLYMPIA
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Jay Cutler said it best, "Back when I started competing in the 90s, pre-workouts weren't really available. Nowadays everyone seems to use a PWO, and I gotta admit – the extra drive and energy Legend™ provides has become an integral part of my training strategy."
Legend™ isn't just another version of the same old stuff. It has been formulated to be one of the strongest PWOs on the market. So strong that you may not even need a full scoop! But one thing is for sure, 20 minutes before a workout you'll want to have Legend™ in your shaker cup.

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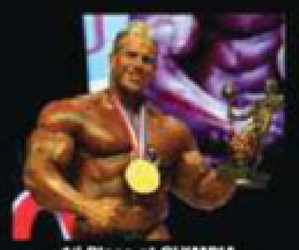
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2nd Place at OLYMPIA
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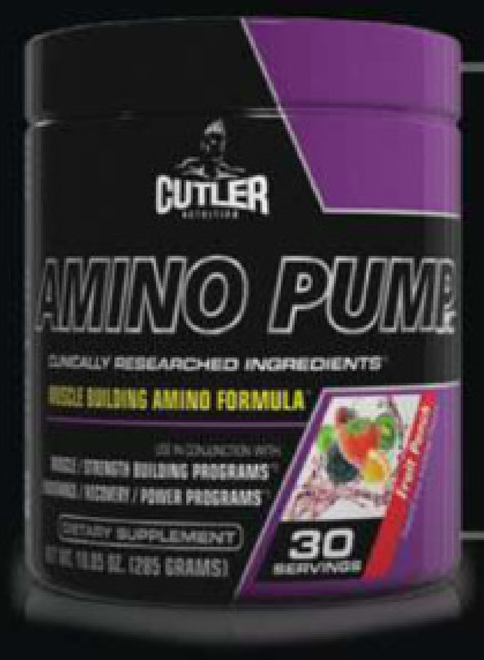
JAY SUFFERS INJURY

2012



JAY STEPS BACK ON STAGE FOR ONE
LAST TOP PLACE FINISH AT THE O

2013



Everyone that tries AMINO PUMP seem to love it! Having that PUMP in the gym is a great feeling, and it's a big part of what makes people fall in love with working out. It's no wonder PUMP products are gaining such popularity.

Amino Pump is comprised of all the ingredients people in-the-know love: CarnoSyn, leucine, agmatine, glycerol, etc. Pre-contest or off-season if you're looking for the secret pros uses to keep their muscles fill and skin vascular, this is it!



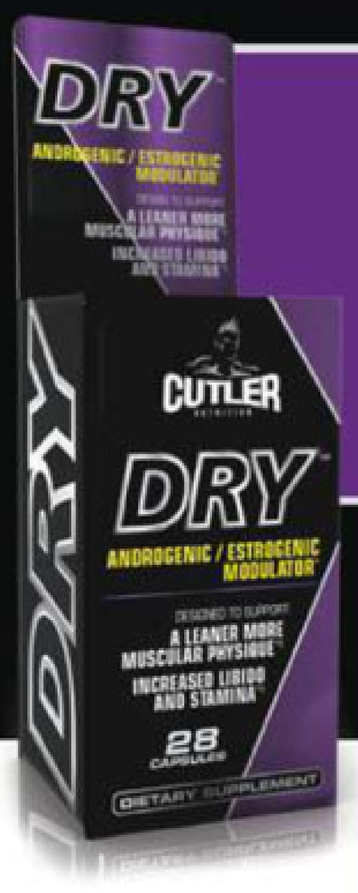
Whether you are a bodybuilder or just someone that uses nutritional supplements, you're probably no stranger to diet pills. So when we set out to design a weight managment pill for Cutler Nutrition, we wanted to make a product that is head and shoulders above whatever "Hydroxy-this" or "Cut-that" product people have had crammed down their throats for the past 15 years.

Pro Stim™ is a pro grade weight management product that Jay has personally used in preparation for the biggest contests in bodybuilding. Pro Stim™ helped him feel energetic even while dieting, made him less hungry throughout the day, and kept him mentally focused when the calories got low.



Fans of Mr. Olympia are always asking about how to boost testosterone. When we sat down to develop the product line for Cutler Nutrition, it was really important to us to offer an effective and convenient-to-use product.

BIG T™ is a full spectrum androgenic, hormone optimizing product. Perfect for strength and muscle-building programs.*†



DRY™ is not for everybody.

DRY™ is a real product for real bodybuilders. DRY™ is not for the wanna-bes, not for the gym enthusiasts, and not for the guys with beach muscles. DRY™ is for those that want that lean, hard, and grainy look... the look that wins shows and wows spectators.

"Competing at the highest levels in our sport, I've learned a few tricks, and when people ask me how to get roadmap vascularity and grainy definition, I'm gonna tell them to use DRY™!" -Jay Cutler, 4x Mr. Olympia



For years, Jay was considered one of the biggest guys on stage. One question he always got asked was, "How many calories do you eat a day?" And the question that followed was "How do you eat that much?"

100% Pure Muscle Mass™ is a great product for anyone looking to maintain or achieve an XXXL physique. The protein, carbs, fats, and nutrients in this are formulated to help you pack on size and build muscle!

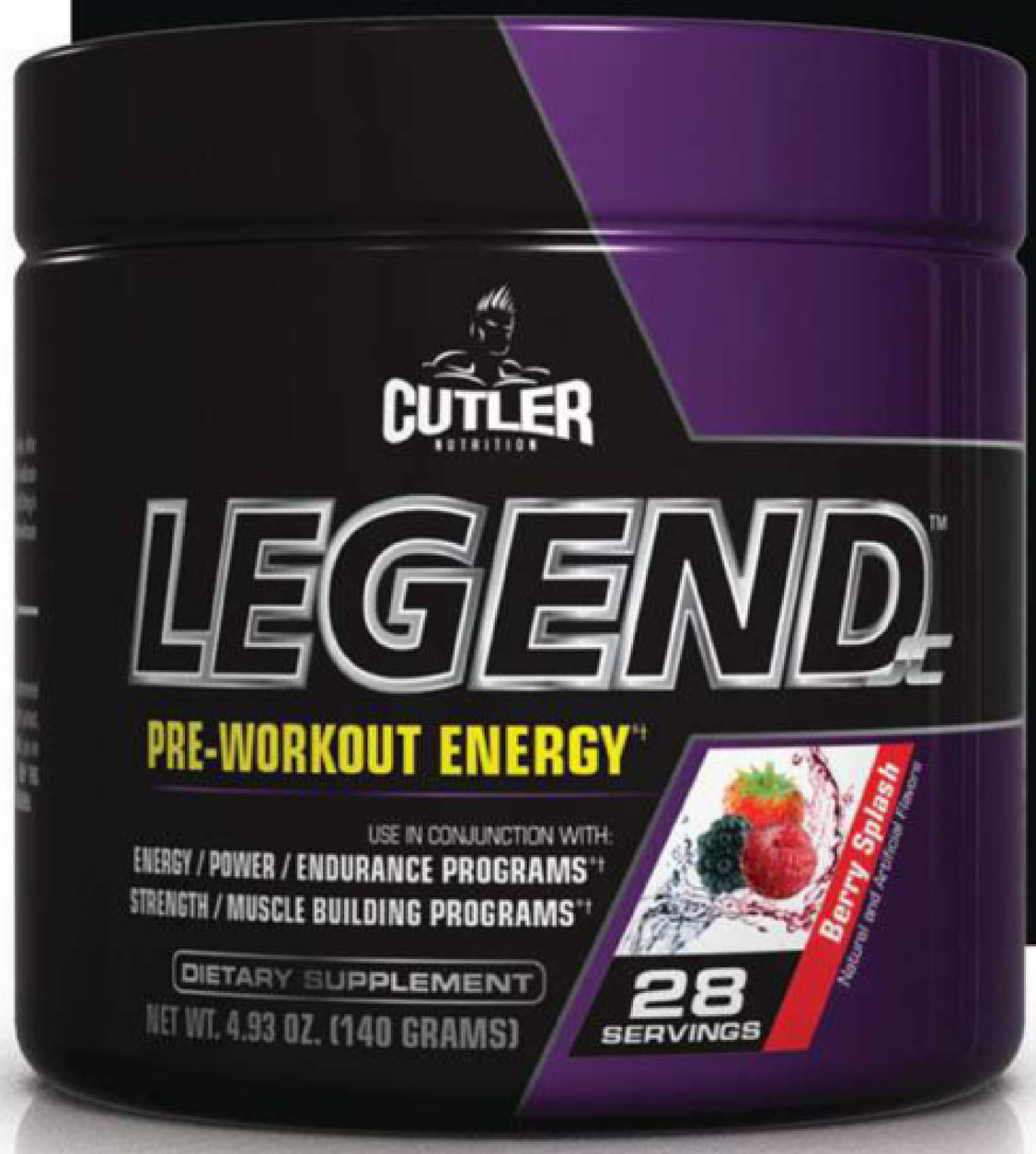
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BIG T™ is a research based testosterone booster that is designed to modulate testosterone levels by helping to minimize estrogen. BIG T™ along with the proper diet and exercise program is designed to initiate:

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Testosterone is the principal anabolic and sex hormone in humans, and is responsible for sexual desire and function, as well as muscular development. Testosterone also aids in protein synthesis, effectively helping rebuild muscle fibers with amino acids. It can preserve existing mass or build upon it, creating more. Strong and healthy testosterone levels are important - even vital, if you want to build (and keep) strong bones and muscles, maintain an active sex life, and live long and well into old age.



"IF YOU WANT TO BE A LEGEND YOU HAVE TO TRAIN LIKE ONE"

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GYM BAG

TRAINING TIPS FOR YOUR NEXT WORKOUT



CARDIO AND WEIGHTS TOGETHER? DOES IT MATTER?

For years there has been debate on the role of cardio and its impact on muscle growth. Some trainers advocate a lot of cardio leading up to a contest, whereas others recommend little to no cardio because they feel that cardio has a negative impact on muscle growth. It is thought that combining cardio and resistance exercise into a concurrent training program leads to suboptimal adaptations. For example, a previous research study found that the gains in lean muscle mass were less when combined resistance exercise and cardio were performed, whereas the group that did resistance exercise only gained greater strength and lean muscle mass.

Some researchers have proposed that the excessive volume of training when both aerobic exercise and resistance training are employed together causes this interference effect. The researchers wanted to investigate whether a moderate volume of aerobic exercise and resistance training combined into the same training session is sufficient to lead to significant changes in physical fitness, body composition, and blood lipids. They also wanted to investigate whether there was an order effect in these variables. Researchers had 42 males participate in the 24-week study.

The participants performed either supervised cardio, immediately followed by strength training, or vice versa (two to three combined cardio and resistance sessions per week). The researchers investigated whether the immediate anabolic effects of one single exercise session would differ between the two training orders and whether these differences would be reflected in the physiological adaptations induced by six months of training. Before and after the trial, the researchers measured physical fitness and body composition. The aerobic exercise program involved a cycle ergometer, and the resistance-training program included exercises for all major muscle groups but had a focus on the lower body. The overall duration of the strength workout within each concurrent training session was 30–50 minutes, and the overall training session involving both endurance and strength training sessions was 60–100 minutes.

Despite differences in recovery time, training order did not affect long-term adaptations

The anabolic responses of one single training session seemed to be less favorable in the training group starting with cardio. This was especially indicated by reduced concentrations of serum testosterone during recovery for up to two days, which may possibly be detrimental to optimal muscle growth and strength development. However, this initial difference between the recovery times was no longer observed after the 24-week training period, and both groups actually increased physical performance and muscle size to about a similar extent. 1RM strength, total lean mass, and muscle cross-sectional area increased similarly in both groups at Week 24 to a similar extent.

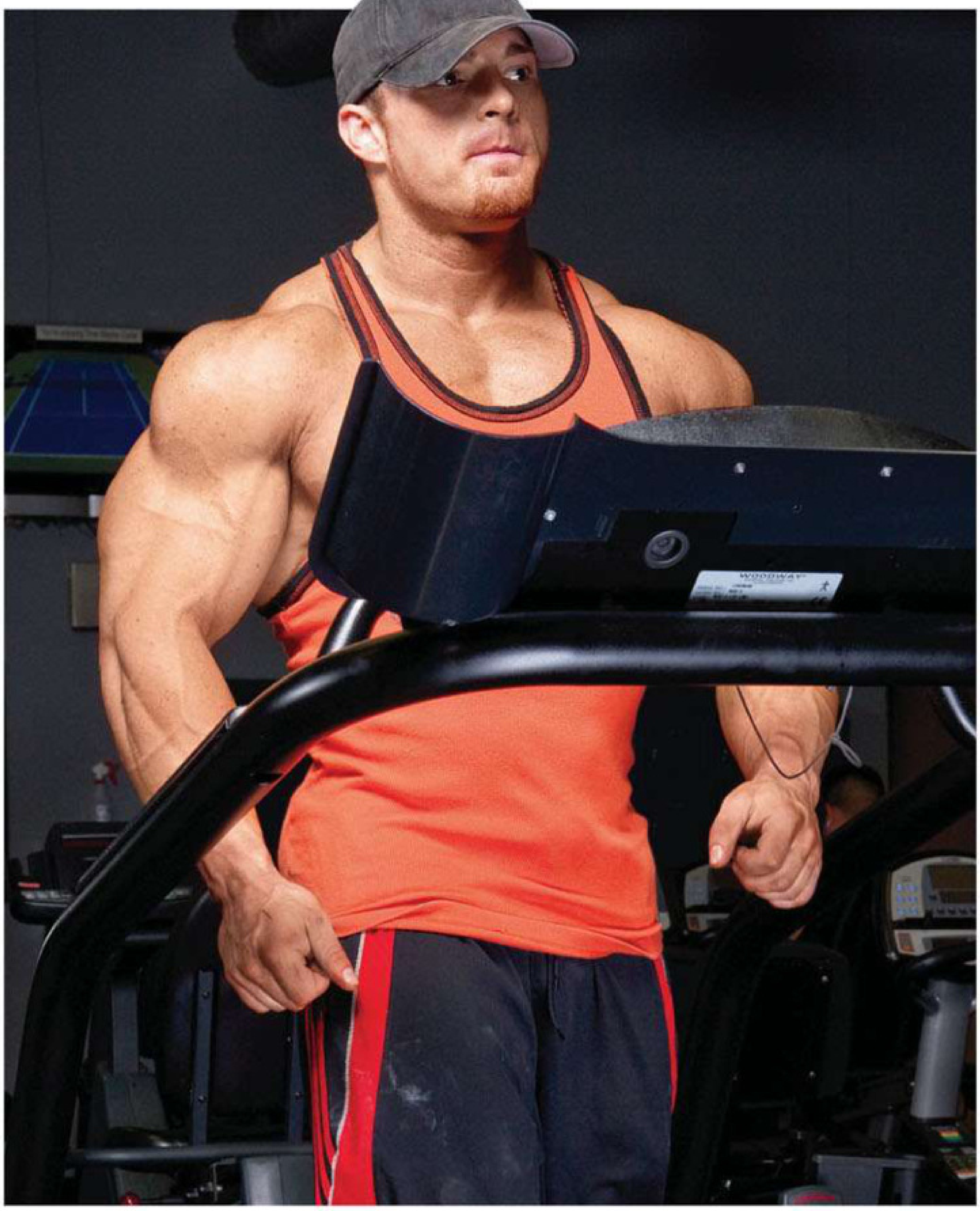
The amount and/or frequency of training may play a key role.

Based on these findings, the training order of combined cardio and resistance training does not seem to have an effect on biological adaptations. Performing two to three combined cardio- and resistance training sessions per week, of 90–120 minutes each, does not lead to differences in the adaptations of overall fitness and body composition between the two training orders. However, whether the present results may be ultimately applied to fitness enthusiasts with a longer training history or athletes, typically training a much greater amount, remains to be investigated.

KEVIN HORTON

BIG ASS MASS

BY **BRYAN HAYCOCK, M.S.**



BUILD MUSCLE ON A TREADMILL?

A recent study by a group at Ball State University in Indiana claims that significant muscle hypertrophy can be achieved with aerobic exercise. This piqued my interest because it has been well established that aerobic exercise is not an effective means of inducing muscle growth. Not only that, there is some evidence that muscle fibers may actually decrease in size to facilitate aerobic metabolism with long-term training. So I thought this study deserved a closer look.

The first thing to figure out is what exactly do they mean by aerobic exercise? They had untrained young (~20 years) and older-aged (~74 years) subjects work out three to four times per week on a stationary bike for 12 weeks. Exercise intensity was set according to each subject's "heart rate reserve" (HRR). Your HRR is the difference between your resting heart rate and your predicted maximum heart rate. So the bike was set up so each subject pedaled for 20 minutes at 60% of their HRR initially and worked up to a maximum of 45 minutes at 80% HRR by the seventh week and then this intensity was maintained for the remaining five weeks. To give you a better idea of what 80% HRR means, it's about 50% of your max heart rate.

At the end of 12 weeks, several different measurements of muscle size and function were taken. Of interest to us of course is the effect on muscle growth. Quadriceps muscle volume increased ~5% in younger and ~6% in older subjects. That's nothing to sneeze at so I kept reading. Upon closer examination, it was only type-I (slow-twitch) fibers that actually grew. Type-II (fast-twitch) fibers actually shrunk in the younger subjects although this did not reach statistical significance by 12 weeks.

After reading the study closely, I think the implied claim made by the title of the study, aerobic training induces skeletal muscle hypertrophy, probably requires an asterisk with the disclaimer, "only in untrained young and elderly men." If you train your legs with weights regularly, jumping on a stationary bike and pedaling at 50% your max heart rate is not going to do jack to build mass in your quads. This is a perfect example of the Hypertrophy-Specific Training principle, which states, "the effectiveness of any given load is determined by the condition of the tissue at the time the load is applied." There is a load-stress and metabolic-stress threshold in muscle tissue that must be crossed for significant hypertrophy to occur. The process of adapting to that stress pushes this threshold up over time, rendering previous loads ineffective at inducing growth. If it weren't so, we could all just skip the squat rack and jump on the bike until we had quads Tom Platz would be proud of. In the real word, it just ain't so. To the authors' credit, they do come clean in the final conclusion by clarifying that aerobic exercise should be considered a viable option for "combating the decline of aerobic capacity and loss of muscle mass that occurs with the normal aging process." Until then, you and I will have to stick with good old weight training.

KEVIN HORTON

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RETRO ATHLETE

MUSTAFA MOHAMMAD

The mysterious tale of one of the thickest physiques ever

The tale of Mustafa Mohammad is like a book with the middle chapters ripped out. Without them, we'll never know how great he could've been. The Jordanian-born Mohammad rose as high as he could in non-IFBB contests, winning two world titles in 1992 at age 26. Then he vanished—for nine years! That temporary retirement should've been his physique peak, but he stayed off stages and instead focused on his new life in Austria—raising three children with his wife and running his own gym. When he finally made his IFBB pro debut in 2001, he was 35. His subsequent career was disappointing. In his 24 contests between 2001 and 2006, he never placed higher than third. Seven times he failed to even crack the top 10.

The problem for Mohammad was always conditioning, never development. He failed to achieve the arid look necessary to collect the biggest checks in even the smallest pro shows, but fans celebrated his startling level of thickness. His pecs, abs, and quads were especially dense. There are shots of him striking poses next to Branch Warren in the 2005 Charlotte Pro, and Mohammad has the clear edge in density even when looking at their legs and chests (and those are Warren's strong points, too). But the Jordanian-Austrian didn't have as many details. Warren was victorious that day and has since won two Arnold Classics and finished second in the Olympia. Mohammad was fourth that day, and he never made much of an impact afterward.

Still, whenever his photos appear on bodybuilding message boards, fans marvel at how thick his physique was a decade ago. They wonder how great he could've been—if only he could've dialed it in. And what if he had continued competing those nine years when he should've been at his best? Could he have had a career of big paydays similar to Warren's? We'll never know. Today he is retired from competition, seemingly half the size he once was, and managing his gym in Vienna. Those middle pages were ripped out long ago, so the story of Mustafa Mohammad will forever be a mystery.



MOHAMMAD ON CHEST TRAINING

- "The secret to my chest size is I don't use any machines. I use only barbells, dumbbells, and dip bars."
- "Sometimes I divide my chest training into three three-week stages. The first three weeks I do flat barbell presses, flat dumbbell presses, and flat flyes. The next three weeks, I do those three exercises on an incline and the last three weeks on a decline."
- "I always warm up for 5–15 minutes with very light sets before my first set of bench presses."
- "For dips, I lean slightly forward and get a full range of motion, lowering myself as far as I can to stretch my outer pecs, then power myself all the way up and squeeze."

MOHAMMAD'S CHEST ROUTINE

EXERCISE	SETS	REPS
Barbell Bench Press	4	8–10
Dumbbell Incline Press	4	8–10
Incline Flye	3	10–12
Dip	3	10–2

PHOTO CREDIT CHRIS LUND

BY **GREG MERRITT**

CHRIS LUND

FLEX FACTOID

Mohammad began bodybuilding at age 19 when he was serving his compulsory two-year stint in the Jordanian army.

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by KEN "SKIP" HILL

BRAIN POWER

Train your brain for greater gains!

No matter what you do in the sport of bodybuilding, to be successful, you must be psychologically strong. The physical aspect of this game is secondary—a very distant second—to the psychological component. On the surface, you might think this is nuts, but if you dig deeper you'll understand what I'm saying. Success in this sport appears to be about physically moving weights—picking them up and putting them down. Nothing could be further from the truth.

When you go into the gym, you need to approach that gym session as your body being an extension of your psyche. You are basically going to tell your body what to do and push it to a point that your body has no choice but to respond and follow suit. Most people go into the gym and plan to go as far as their body will allow them to go that day. Those people don't morph into contest-winning physiques that everyone admires. Phil Heath wouldn't be where he is today if he relied on his body doing what his body was capable of. Sure, Phil Heath is genetically superior to all of us reading this article, but what you don't see in his physique is how disciplined he is psychologically. The latter controls the former.

The mind plays a huge role in training but an even more important role in dieting. It is not normal to have high levels of muscle and very low levels of body fat, either. Instinctively, and with an element of survival thrown in, the body is made to store body fat. This is because throughout time, the body would need to call upon stored energy to sustain life either during periods of cold weather or long periods where food may not have been available. Circumventing nature to get huge and ripped takes more than just action. You will need to "trick" the body to get to a level of development that is not natural.

Hunger, in and of itself, is not life-threatening—at least in reference to everyone reading this article. The "problem" with hunger is that it usually only signals a lack of food, not a lack of available energy. You might be lacking in caloric intake, but if you are carrying even just 10 pounds of body fat, you have an ample supply of energy at your disposal. In this case, hunger is tricking you. Your body is essentially lying to you.

If you have dieted for any length of time, you know how your brain plays tricks on you. Many of you reading this have had yourself thoroughly convinced that you need those carbs because "I am over-dieted" or "I am flat and losing muscle." Nice try. The brain will justify a need and that is all that is happening here. You need to get leaner, you likely don't need the added calories.

You should understand that this happens to everyone who diets. The difference is that people who are psychologically trained and disciplined will understand that their brain is playing them and that they should not give in. The thought process goes from, "I have to have food because I am starving" to "I eat in an hour and that will get me through." I tell people to approach dieting on a meal-to-meal basis instead of looking down the pike. If you are starving and you start looking at your next cheat meal being a week away, you are in trouble. Don't even look to the next day—instead, look to the next meal.

So many of us focus on the physical aspects of this sport, and there is a lot of information available. There is much less information about the mental aspects of being successful. Accepting limitations, whether it be in the gym, while dieting, or even in your career or personal life, is a formula for mediocrity. Bodybuilding should only be one part of a balanced life and the attributes you acquire in bodybuilding will transfer over to the rest of your life, whether they are positive or negative. Remember: "The body will not go where the mind has not already been."



PANEL YTHJALL

PEOPLE WHO ARE PSYCHOLOGICALLY TRAINED AND DISCIPLINED WILL UNDERSTAND THAT THEIR BRAIN IS PLAYING THEM AND THAT THEY SHOULD NOT GIVE IN.

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BY **GREG MERRITT**



KEVIN HORTON

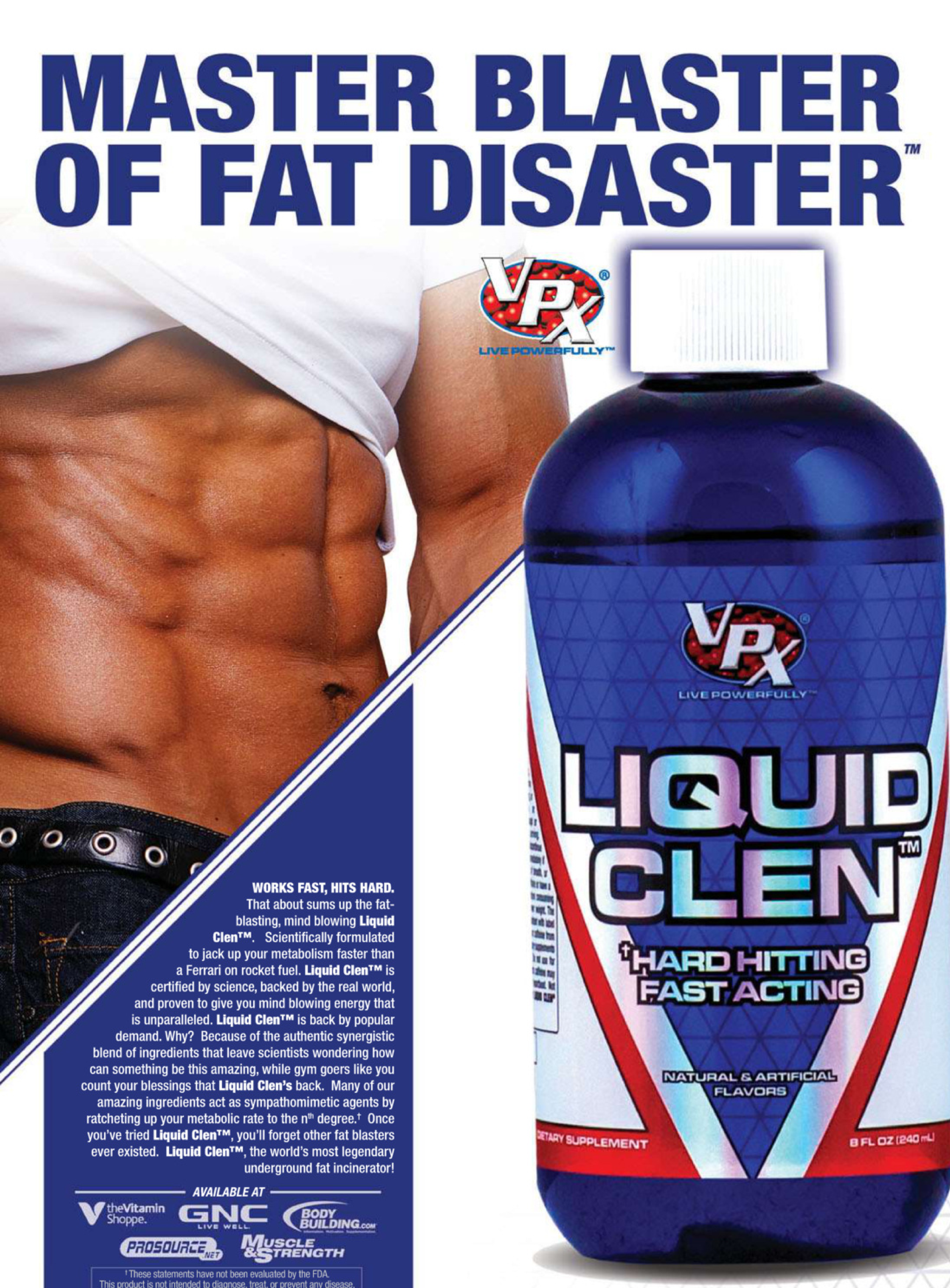
TRAINING STYLES

FREESTYLE

How to improvise and innovate on training days

In 2008, FLEX introduced a new concept to training—freestyle. In an era of freestyle rap, freestyle skateboarding, and even freestyle running (parkour, anyone?), some bodybuilders improvise and innovate their way through their workouts. Kai Greene has been at the forefront of this method. Sometimes it's difficult to tell which body part the Mr. Olympia runner-up is training, because he'll incorporate work for other muscles and include unorthodox moves like handstands. However, it was after observing a Brandon Curry workout in the summer of 2008 that I brought the freestyle label to bodybuilding.

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THE ANTI-ROUTINE

Shortly after Curry won the 2008 NPC USA Championships, I watched him train back and spoke with him about his workout concepts. His freestyling manifested itself in three ways. First, he sometimes did only one exercise per workout. For example, he'd do 15 sets of barbell rows for back and nothing else. Second, he created his own exercises, such as a one-arm standing cable "row," which was a contraction-only mini-movement that kept constant tension on his working lat. Third, he mixed it up as he went along, altering each workout as it progressed depending on biofeedback and intuition.





KEEP THE CHANGE

"I switch it up like the wind changes. **I don't want to get bored in the gym.** I just want to enjoy it every time I'm in there, so I'm constantly trying new things."
—Brandon Curry

PAVEL YTHJALL

FREESTYLE BASICS

- This is an advanced training style. You need to first learn how your muscles react to various rep schemes and exercises.
- Think different. Incorporate innovation and individuality into your routine.
- Change workouts on the fly.
- Monitor your pump, strength, and energy throughout each workout to determine what exercises to do in what manner.
- Alter your split to incorporate styles like circuit training, powerlifting, and high-rep sets.

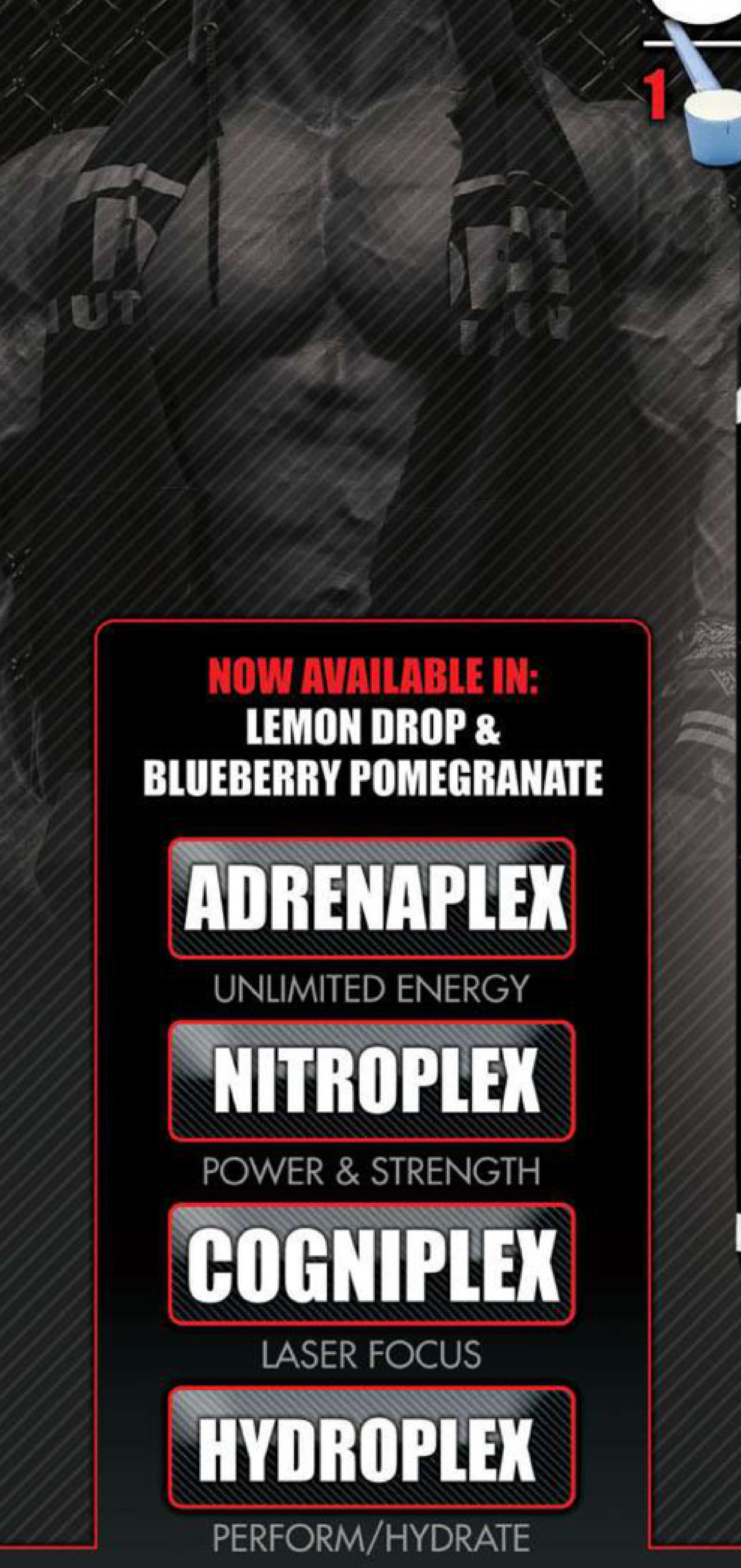
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Freestyle workouts incorporate several classic Weider Principles: eclectic (change your workout, when necessary, as it progresses); instinctive (experiment to determine what works best for your body); and holistic (include vastly different training styles). But what most animates freestyling is creativity. This suits more artistic bodybuilders like Greene and Curry, but it may not work best for you.

Freestyle is the anti-routine. The upside of this is it wards off boredom, incorporates a lot of variety, and it can allow you to determine precisely what works best for your bodybuilding goals throughout each workout, whether it's a row that's not a row, 15 sets of one exercise, or handstands. The downside to this is the potential for chaos. Workouts can focus so much on doing something different that you miss doing what works best. It's a training style for advanced bodybuilders who are both creative and disciplined. **FLEX**

H.U.G.E.® FREESTYLE BACK WORKOUT

EXERCISE	SETS	REPS
Back Extensions	4	15–20
Underhand Pullups superset with High-rope Pulls	4 4	10 20
Deadlifts	5	12–6
Rear Pulldowns	3	25
T-bar Rows	4	10

A freestyle workout is dependent on your own body and can change on the fly. This routine merely illustrates how you can deviate from a standard exercise order and alternate between high and low reps.



FREESTYLE TIP SHEET

- When incorporating something new, you generally need to do it for at least three workouts to determine its effectiveness.
- This style is especially effective for your back and legs—large body parts with multiple muscles.
- Never leave the gym thinking you could've done more. When in doubt, end your workout with a giant set or dropset to maximize your pump.
- There are numerous variables you can change, including: exercise selection, exercise order, number of sets per exercise, number of reps per set, rep speed, rest lengths, and the inclusion of intensity techniques like supersets and rest-pause.

PAVEL YTHJALL

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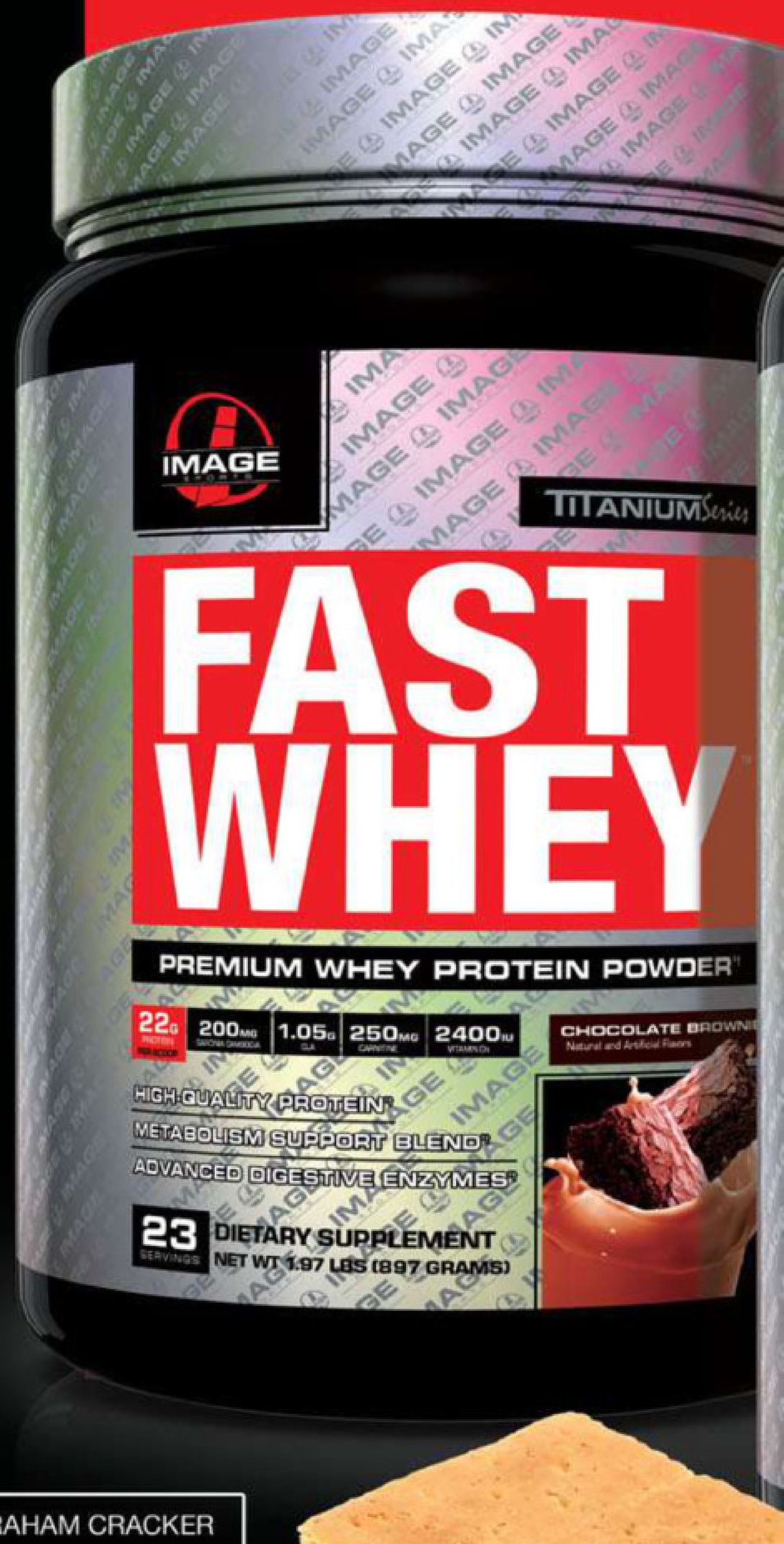
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BY **MATT PORTER**

INTRACELLULAR NUTRITION FOR MUSCLE MASS

The empirical experiment: Part 2

I was so convinced that the form of supplementation known as intra-workout nutrition was "game changing" that I decided to perform a mini experiment on myself in a 24-hour period. I purposely lowered my carb intake to minuscule amounts and began an upper-body depletion circuit. I trained with high volume, and conquered several sets per muscle for more than two hours. I was on a mission to deplete glycogen stores rapidly to capture a depleted "before" photo. I finished my workout at 9 p.m. and took photos of myself in the corner of my gym in specific lighting.

I remained carb-free the next day, until it was time to train. This go around, I implemented my intra-workout drink 15 minutes prior to beginning the same upper-body circuit. As I began training, I started to immediately fill out my muscles with blood, we're talking rapidly! Keep in mind; I began sipping my 64-ounce drink 15 minutes before training so my blood was already primed with anabolic ammunition. I remember not being able to complete the same amount of sets as the muscle fullness was too great. Once again, I finished my workout around 9 p.m. and snapped photos in the same exact lighting, executing the same exact poses.

I am a very truthful person, and despise exaggeration, but the before and after shots for these photos was impressive—solely from a cosmetic point of view. When I showed people the comparisons, they thought it was a difference of a few months...not 24 hours!

I now prefer the designer glucose polymer highly branched cyclic dextrin (HBCD). This carbohydrate mixes better than amylopectin barley and does not send insulin levels skyrocketing nearly as high, potentially leaving you hypoglycemic mid-workout. Gastric emptying is expedited through the small intestine and taken into the bloodstream rapidly, allowing fast absorption, yet prolonged blood glucose levels and manageable insulin secretion is maintained.

I also still favor the use of essential amino acids in this formula, as research has shown that free-form amino acids combined with carbohydrates increase the protein synthetic response to resistance training.



Matt Porter is a sponsored athlete for *true nutrition.com* and also an accomplished NPC competitor, title holder, contest prep coach, and nutrition guru. Matt can be reached via his Q&A page in the forums at *truenutrition.com*. If you're interested in information regarding the intra-workout formula (MPA Muscle Intrusion), check out *truenutrition.com*.

OTHER IMPORTANT ADDITIVES IN MY CURRENT DRINK

- **Agmatine sulfate:** This by-product of l-arginine is everything that arginine has been claimed to do, and more. Increased nitric oxide production, enhanced nutrient partitioning, and stimulation of growth hormone and luteinizing hormone are some key benefits.

- **Glutamine:** Not much needs to be discussed about this popular amino acid, as most of you are familiar with the immune benefits, anti-catabolic properties, and, most important, gastrointestinal health protection. Research shows glutamine can protect healthy gut bacteria and salvage key amino acids from degradation in the GI tract.

- **Creatine gluconate:** The creatine molecule binds to a glucose molecule to increase creatine uptake across cells. Think of the glucose molecule as a vehicle transport system for the creatine.

- **Electrolytes:** Electrolytes were added to offset muscle cramping and increase exercise performance from adequate cellular hydration.

IS POST-WORKOUT NUTRITION OBSOLETE? ABSOLUTELY NOT.

The neat thing about partaking in intra-workout supplementation is that you have essentially flooded your body with muscle-building nutrients all throughout your workout, making it unnecessary to immediately chug down a protein shake after your last set of biceps curls. In fact, I personally wait around 45 minutes after I finish my intra-workout drink and ingest a whole food meal consisting of a lean protein source, such as white fish, and a fast-assimilating carb like jasmine rice.

I've been a big advocate of this intra-workout movement and recommend you give it a try to break through a plateau or improve your training sessions. I advise people to be in appropriate condition, meaning 10% body fat or less when experimenting with heavier carb-laden mixtures, with more than 100 grams of carbohydrates. If you are above this body fat, stick to 25–50g carbs per workout. Amino acid amounts need to be in the 20–30g range to really make the most of each drink per workout.

An intense leg or back workout will need more than the 6 grams of amino acids the studies demonstrate.

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FLEX EXPERT

LIFT STRONG

BY STEPHANE CAZEAULT



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STRONGER! Stay lean with strongman training

Although strongman training certainly develops strength and muscle mass, many of the events should be considered interval training. You don't just flip a tire once, but over a distance that can take more than a minute to complete. In the farmer's walk, you don't just take a few steps holding a heavy weight—this is a race for distance, and the weights are extremely heavy. Strongmen have walked 20 meters in less than seven seconds holding 150 kilos (330 pounds) in each hand, and 50 meters holding 160 kilos (352 pounds) in each hand in under 33 seconds—feats that are definitely not aerobic!

And since the duration of any event depends on the conditioning level of the competitor, many of the strongman events are completed within 40–120 seconds. ***Such training stimulates high levels of growth hormone, which in turn stimulates the greatest amount of fat loss.*** This is also the type of training protocol recommended in the popular German Body Comp Training program.

If you need a break from your regular training and want to try a challenging method to get you lean fast, give strongman training a shot. Here is a program using strongman equipment available in many gyms (technically, the medicine ball slam is not a strongman exercise, but it is often used by strongmen as part of their training). It is designed to be used twice a week, with at least two days of rest between training sessions.

POLIQUIN GROUP

DAY 1
A1 Standing Overhead Log Press, 5 sets x 10 reps, rest 60 sec.
A2 Backward Sled Drag, 5 sets x 40m, rest 60 sec.
A3 Farmer's Walk, 5 sets x 40m, rest 60 sec.
A4 Prowler (low handles), 5 sets x 40m, rest 60 sec.

DAY 2
A1 Tire Flip, 5 sets x 6 reps, rest 60 sec.
A2 Prowler (high handles), 5 sets x 40m, rest 60 sec.
A3 Medicine Ball Slam, 5 sets x 10m, rest 60 sec.
A4 Bear Crawl Sled Drag, 5 sets x 20m, rest 60 sec.

Keep in mind that these workouts are considered end-stage, as it takes many workouts for most trainees to be able to perform these workouts with significant weights for the distances and rest times prescribed.

You can work up to carrying significant weights for these distances by increasing the number of sets gradually, such as by doing a single set for a first workout and then adding one set per workout until you reach five sets. Another option is to gradually reduce the rest intervals, starting with 120 seconds and gradually reducing that rest time to 60 seconds (by decreasing the time by 15 seconds or so per workout). Specifically, for the standing overhead log press and the medicine ball slam, you could gradually increase the reps, starting with 2–5 reps and increasing 1–2 reps each workout.

For the other exercises that involve moving weight over a distance, you can start with a shorter distance than prescribed and gradually increase how far you move; ***for example, start with 10 meters on the farmer's walk and increase that distance 5–10 meters each workout.***

Here are a few tips about these exercises: For the backward sled drag, keep your body "quiet" when you perform this exercise, avoiding the temptation to gain momentum by swinging your shoulders. In contrast, for the bear crawl sled drag, you can use your arms to assist you.

For the tire flip, focus on using your legs and hips to lift the weight—***don't try to pull the tire up with your biceps, as this technique could easily cause injury.*** For the medicine ball slam, lift the ball as you would lift a barbell in a deadlift—as you fatigue, avoid the tendency to round your back and keep your knees straight, as those techniques could easily injure your lower back.

For the farmer's walk, use a normal walking gait; however, for the prowler, start with short steps, then gradually increase your stride as your momentum increases.

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**"Effect of Protein Blend vs. Whey Protein Ingestion on Muscle Protein Synthesis Following Resistance Exercise," Dr. Rasmussen, et al., 2012.

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GENETIC DIFFERENCES IN CARB METABOLISM

Dorian Yates was a huge advocate of eating carbohydrates leading into a contest, whereas a bodybuilder like Ben Pakulski is extremely carb-sensitive. New research suggests that it may be your genes that determine how your body handles carb metabolism. One study looked at a gene called AMY1 to measure starch digestion between differing groups of people. AMY1 is a salivary enzyme that begins the breakdown of starch in the mouth. AMY1 variation exists between different members of the human species. Humans can contain anywhere between two and 15 copies of the AMY1 gene. The more AMY1 gene copies a person has, the better he is at digesting carbohydrates.

The theory suggested by researchers is that the AMY1 gene provided an evolutionary advantage for some people who had to rely on high-carbohydrate diets where meat was lacking. This led to diversity in one specific gene responsible for the breakdown of carbohydrates, alpha-amylase (AMY1). This may be a major reason there is so much variation from person to person when it comes to carbohydrate intake. Researchers examined differences in AMY1 copies among individuals and how it affected blood glucose levels after carbohydrate rich meals. The experimental group was made up of healthy, non-obese individuals, and they were divided into a high-amylase group and a low-amylase group. They came into the lab twice, once to ingest starch (experiment) and glucose (control). The low-amylase group had higher blood glucose levels than the high-amylase group during starch consumption. This increase in blood glucose levels lasted for the two hours that the participants remained at the lab! Interestingly, when the low-amylase group consumed the glucose, blood sugar levels remained relatively consistent with the high-amylase group and the blood sugar did not stay elevated as long as when they ingested the starch.

This is an extremely new phenomenon when looking at the individuality of carbohydrate digestion. All we know about this topic is that some people respond to the same meal of starch differently. This may also explain why some people such as Yates can handle high carbohydrates leading into a contest whereas other can't.

COFFEE IMPROVES CIRCULATION

A recent study presented at the American Heart Association's Scientific Sessions 2013 shows that coffee may help improve the function of small blood vessels. These findings add to a growing body of research of the health benefits of coffee, the world's most-loved beverage (alongside tea). Researchers analyzed the finger circulation, heart rate, blood pressure, and vascular resistance levels of 27 healthy adult volunteers after drinking caffeinated and decaf coffees.

On the first day of the experiment, each volunteer drank a five-ounce cup of either caffeinated or decaf coffee and were not told which type they were drinking. Two days later, the same volunteers drank the opposite type of coffee. The researchers then measured the blood flow in a finger for each participant, after drinking both caffeinated and decaf coffees. This "finger test" is able to exhibit how well the inner lining of the smaller blood vessels function throughout the body.

After adjusting for the role of hormones in the functionality of the blood vessels, the researchers found that the finger blood flow in the volunteers after they drank a cup of caffeinated coffee increased by 30% over 75 minutes, compared with the blood flow after the decaf coffee. Results also showed that after the caffeinated coffee, the inner lining function of the vessels was improved. Compared with the decaf results, heart rate levels were the same, and blood pressure was slightly higher.



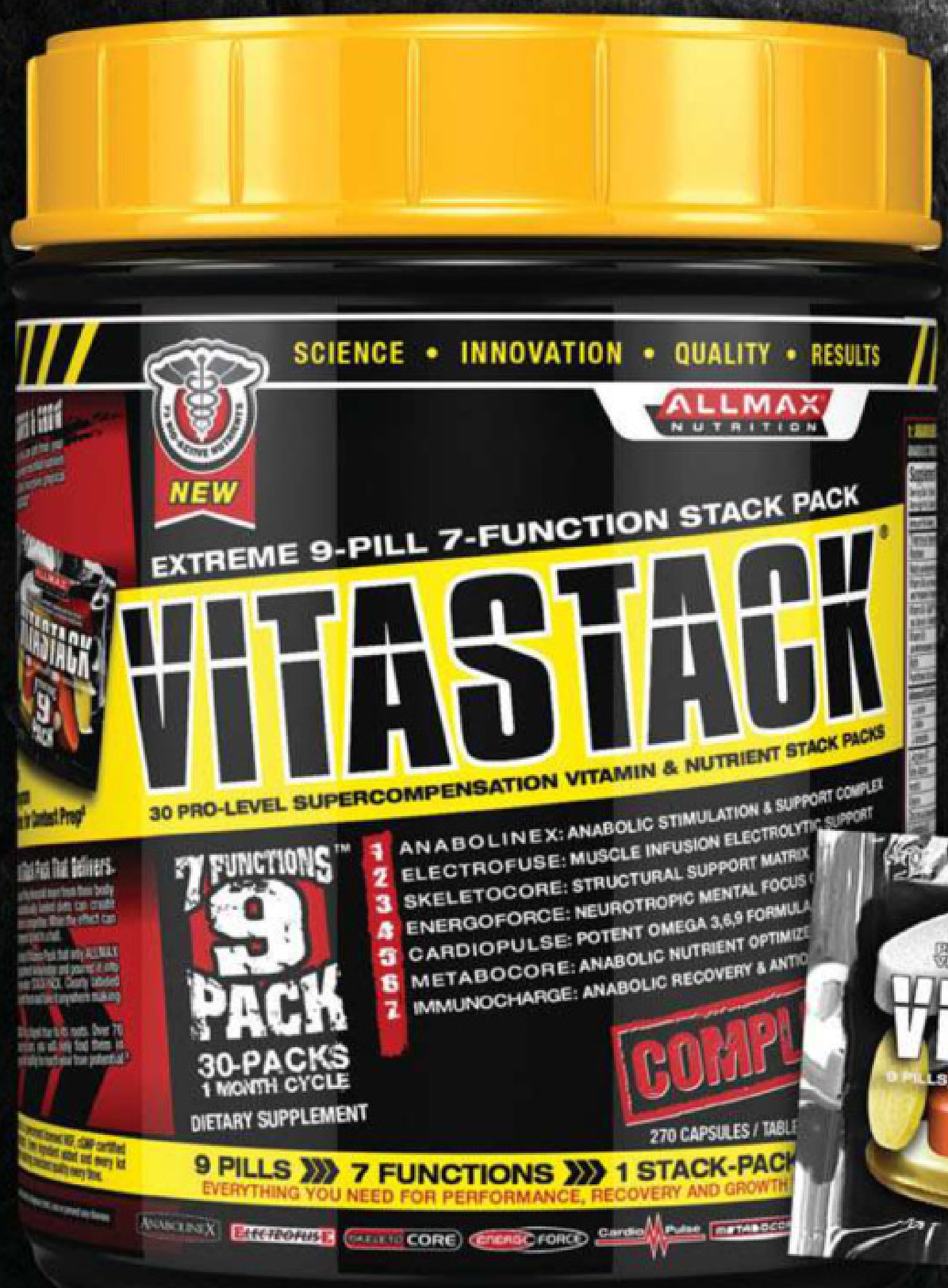
CASHEWS CONTAIN NATURAL ANTI-ESTROGEN



Most bodybuilders know that broccoli contains a natural anti-estrogen, but new research also has found that cashews contain a natural anti-estrogen as well. They also discovered that the anacardic acid found in cashews was found to prevent the estrogen receptor from being activated. Chemists have identified dozens of variants of anacardic acid in cashew nuts, which happen to be the best nutritional source of anacardic acid. Researchers did experiments with breast cancer cells to see how anacardic acid affected interaction with the estrogen receptor. Researchers found that anacardic acid blocked the actions of estradiol by attaching itself to its estrogen receptor. The researchers do not venture an opinion on the extent to which you might be able to deactivate estradiol by including cashew nuts in your diet.

CHRIS LUND, GETTY IMAGES (2)

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EXTREME MUSCLE

BY **CARLON COLKER, M.D., F.A.C.N.**

"KAATSU!"

Japanese tourniquet training: fanatical or fantastical?

Back in 2007 I presented to readers the very first review of its kind on the controversial vascular occlusive training technique known in Japan as "kaatsu." The idea of putting a tourniquet around a limb proximal to the muscle you're training in order to purposely restrict blood from easily exiting the pumping muscle as a way to promote better growth definitely shocked some people.

In the late '90s, ***Japanese researchers observed that performing only a light-weight training exercise while partially occluding blood flow using a tourniquet seemed to achieve similar or greater muscle growth*** and strength gains compared to those training with moderate to heavier weights but without the benefit of the tourniquet. Subsequently, Canadians researchers helped explain the reason behind this fascinating finding by showing that the vascular occlusion spurs greater neuromuscular motor unit activation.

The problem with kaatsu, however, as I cautioned readers back then, is that you have to be careful of the inherent risks of excessive and/or extended periods of vascular occlusion. ***When venous blood return to a pumping muscle is cut off, blood will pool, as intended. As a result, blood will more easily form clot that can break loose and even be fatal.***

When a tourniquet is used to draw blood, it's really only a matter of seconds up to a few minutes at most before the tourniquet is removed. So, could this technique cause blood clots? Could it damage muscle by excessively swelling the cells? Is this technique really useful?

To answer some of these questions, scientists Loenneke, Thiebaud, and Abe, et al., undertook a critical review of available evidence on the subject; they published their report this year in the *Scandinavian Journal of Medicine & Science in Sports*. Among their findings:

In 2009, a study noted significant increases in delayed onset muscle soreness (DOMS) following kaatsu training.

In 2012, another study looked at the acute effects of blood flow restriction on muscle activity and endurance during fatiguing dynamic knee extensions at low load. This study reported large reductions in force production following kaatsu training.

In 2013, researchers found that blood flow restriction did cause large acute muscle fatigue, but deduced it was not due to unhealthy damage because the result was not sustained.

And another study that same year looked at kaatsu training increasing acute determinants of hypertrophy without increasing indices of muscle damage. Similarly, in this study it was reported that the duration of muscle swelling after kaatsu was not excessively prolonged, thus indicating that there was no untoward muscle damage.

So, in terms of negative muscle damage as a result of kaatsu training, there hasn't been shown to be an issue. Also, among study subjects, no reports have been cited of peripheral blood clotting, central stroke, cerebrovascular incident, or pulmonary emboli.

So why aren't bodybuilders raving about kaatsu training?

The answer probably has to do with the fact that, ***even if there's some mild degree of efficacy and no real harm related to the use of kaatsu, the results aren't enough to warrant the discomfort.*** It's that simple.

Of course, if it isn't enough of a mind-bend to try and fathom why researchers kept examining kaatsu despite its lack of popularity, try figuring out why they're now combining it with vibratory stimulus to see if that makes muscles grow more easily. The vibrating plate, an early technology science hoped might—if carefully applied—help some subpopulation of elderly osteoporotic women was amped up and pulled into the fitness world, where the results are far less certain. With complaints like blurred vision, brain damage, hearing loss, back pain, and muscle strains, the vibration plate hardly became the fitness revolution it was hawked to be.

So, why on earth would anyone think to combine this silly technology with kaatsu? Probably because there's an idiot born every minute. Of course, I don't believe you can combine one impractical technology of little or no utility among athletes with another to somehow make a breakthrough. I tried kaatsu and didn't see the benefits, but definitely noticed the discomfort and couldn't wait to get the tourniquet off. When I tried exercising on vibrating plates years ago, it was quite challenging to squat and do exercises like pushups.

But difficulty in execution doesn't necessarily translate to better muscle stimulation.



PAWEL YTHJALL

The latest edition of Dr. Colker's book, Extreme Muscle Enhancement: Bodybuilding's Most Powerful Techniques, *is available online at* amazon.com. *Doc's Whey is available from* proteinfactory.com *or by calling 800-343-1803. In addition, if you have a question for Dr. Colker, feel free to e-mail us at peakwellness @peoplepc.com!*

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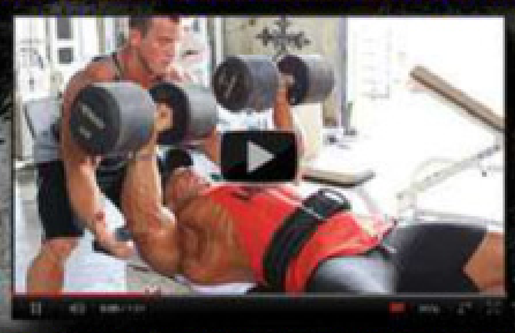
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ANAVAR®

In Discovery, We Find Purpose....

Novel scientific discoveries have been uncovered in search of unrelated applications. A JD Searle Company scientist discovered aspartame while researching a new ulcer drug. Pfizer developed Viagra® initially as a heart medication. Hi-Tech Pharmaceuticals initially developed 2(S)-Amino-6-boronohexanoic Acid (ABH) and S-(2-boronethyl)-L-Cysteine HCL (BEC) as sexual stimulants when perfecting its formulation for Stamina-Rx®, only to find out that these compounds had amazing muscle-building properties.†

Nitric oxide-driven sports nutrition typically has consisted of utilizing the arginine analog, arginine alpha-ketoglutarate (AAKG), to generate nitric oxide. But, why use an analog of arginine, designed for the purpose of delivering arginine to stimulate nitric oxide production, when you can safely deliver arginine for direct stimulation of nitric oxide? Maybe because before Anavar®, no one knew how to do this.

ABH and BEC, the novel arginase inhibitors in Anavar®, control the arginine cascade that normally results in arginine being broken down in the muscle pool. This means that Anavar® can safely deliver its high dosage of arginine directly into muscle for significantly more nitric oxide production.† But that's only the beginning....

Anavar® also contains the potent, non-steroidal anabolic agent, 25R, Spirostan-5A-Diol-6-one-3-one (25R), which has a 33:1 anabolic/androgenic ratio and has been shown to increase size, strength and lean body mass.†

Anavar® also stimulates ATP production for sustained muscle growth.† ATP, creatine bitartrate and monohydrate, and inosine are synthesized, chelated and then formed into a Dual Bioavailability Complex in which a bond is created in a crysolvator at a 20:1 ratio. This ensures their delivery directly to muscle tissue. No other supplement company utilizes this type of sophisticated technology.

Anavar® translates to enhanced recovery, increased protein synthesis and muscular endurance, freaky muscular pumps and rock-hard muscle density. In short, Anavar® means unparalleled muscle and strength.†



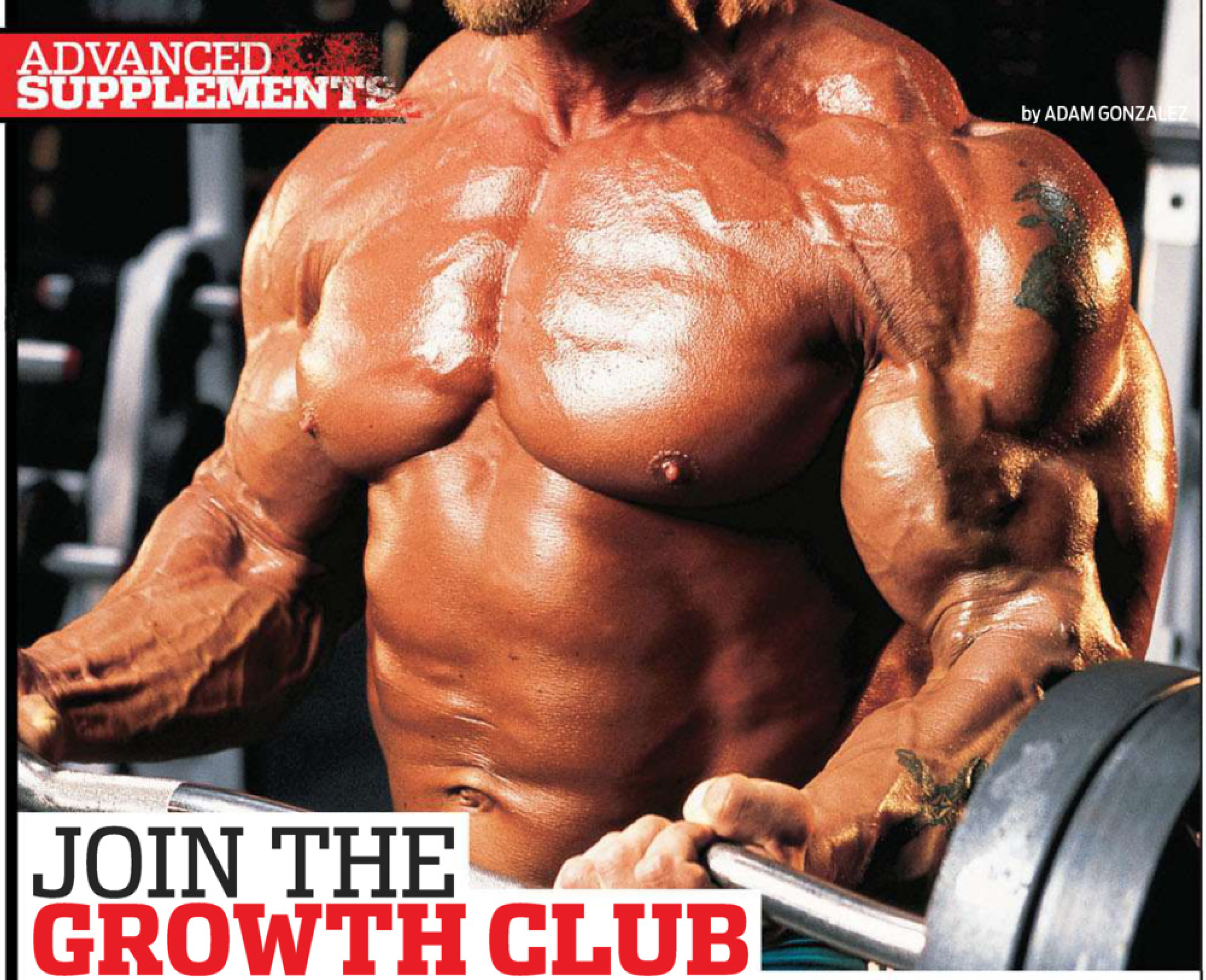
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A1 Supplements.com · netrition.com The Internet's Premier Nutrition Superstore! · Europa · netnutri.com · Park Avenue Fitness Distribution · I'll Pump You Up.com · Nutrition Dome · USA Sports · KESupplements.com · Advanced Nutrition · i-Supplements.com · World Class Nutrition.com · DPS · Nutrition Arsenal www.NutritionArsenal.com

www.hitechpharma.com • For more information, please call 1.888.855.7919.

†These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease. This product should not be used in place of or as a substitute for recommendations by your healthcare professional. No clinical study has been done on Anavar®. These statements are specifically based on the active ingredients: BEC, ABH, Creatine, ATP, Inosine, 6-Keto Diosgenin.

by ADAM GONZALEZ



JOIN THE GROWTH CLUB

Ultimate Testosterone from Nugenix provides a range of supplemental ingredients for greater muscle gains

It's no secret that increased levels of testosterone help you build more muscle mass. Nugenix has formulated its product Ultimate Testosterone to boost this hormone through several natural mechanisms. These include encouraging your body to produce more of this muscle-building hormone, as well as improving the effectiveness of the testosterone that you're already producing. Here are some of the ingredients that Ultimate Testosterone from Nugenix contains, and how they'll help you pack on muscle and support libido naturally.

D-ASPARTIC ACID (DAA)

This amino acid has been recognized by research to significantly boost testosterone. This is due to DAA's ability to increase luteinizing hormone (LH), which is an important precursor to testosterone production. DAA does this by encouraging Leydig cells in your testicles to boost testosterone and sperm production. While younger guys may take DAA to increase T, it also has the side benefit of improving libido, perhaps more important for guys as they age. While both your pituitary gland and testicles produce this amino, you can gain even more advantages by taking it in supplemental form.

FENUGREEK EXTRACT

This herb helps increase your free testosterone levels because it contains saponins, plant nutrients that increase the bioavailability of testosterone. Much of the testosterone that men produce is bound to sex hormone binding globulin (SHBG), rendering it unavailable for supporting muscle gains or libido. Fenugreek extract helps free testosterone from SHBG so it can provide its advantages. In addition, fenugreek attaches to the same receptors as testosterone, increasing sex drive and insulin release. The latter supports muscle building for bodybuilders.

TONGKAT ALI

Also known as *Eurycoma longifolia*, this medicinal herb improves the effectiveness of your natural production of testosterone by freeing it from SHBG. In fact, research has shown that Tongkat Ali may reduce SHBG by up to 30%. In addition, Tongkat Ali also encourages greater testosterone production, stimulating the Leydig cells of your testes to simply make more of this powerful hormone.

STINGING NETTLE ROOT AND BORON

Nugenix contains many other supplemental components that encourage greater testosterone impact and production. Among these are stinging nettle root and boron. Stinging nettle root contains a compound called 3,4-divanillyl THF, that is a potent inhibitor of SHBG, and this natural supplement also helps prevent testosterone from converting to DHT, the unwanted fraction of testosterone. Boron is a mineral that has testosterone-elevating benefits in addition to supporting bone strength. Nugenix contains boron citrate, the form that encourages greater anabolism (muscle building).

GET IT TOGETHER

Nugenix combines all of these natural testosterone boosters in Ultimate Testosterone.

FOR BEST RESULTS

You should take four tablets with a glass of water on a relatively empty stomach—take this at least 30 minutes after a meal, but before your workout. Also take this dosage on non-training days, getting in this same amount every day for about four weeks. Then cycle off for two to four weeks. *Make sure you do not exceed the recommended dosage during your Ultimate Testosterone-boosting phase.*



CHRIS LUND, COURTESY OF MANUFACTURER

CRAIG CAPURSO
BODYSPACE: CRAIGCAPURSO
MEMBER SINCE: MAY 2008

GOAL
I WANT TO GET STAGE READY AND COMPETE IN 6 WEEKS

PLAN
BUILT BY SCIENCE 6-WEEK MUSCLE BUILDING TRAINER

FINISH START SOMETHING

MOTIVATE
1250+ FOLLOWERS
18 FITBOARD POSTS
100+ COMMENTS

TRACK
431K LB LIFTED
16 WORKOUTS
-1.3% BF CHANGE

BODYBUILDING.COM™

SET A GOAL
GET A FREE PLAN
TRACK YOUR PROGRESS
STAY MOTIVATED
BODYBUILDING.COM/FINISH

#1 ONLINE SUPPLEMENT STORE
MUSCLETECH™ +100's MORE

by ADAM GONZALEZ



WHAT IT IS

Jacked-in-a-Box is designed to allow you to try all the latest supplements before you buy them. Each month, members receive a hand-selected assortment of top products from the top brands in sports nutrition supplements delivered directly to their door.

In addition to this monthly box of supplement samples, members also receive FREE shipping on all orders at The *M&F* Store, plus a FREE subscription to their choice of *Muscle & Fitness*, FLEX, *Men's Fitness*, or *Muscle & Fitness Hers*.

For more info on how to join, go to *jacked-in-a-box.com*.

JACKED-IN-A-BOX

THE GOODS

Check out the latest offerings from our Jacked-in-a-Box program

IN JULY, WE DELIVERED A CRATEFUL OF PRE-WORKOUT POWERHOUSES.

PRE-SURGE
ATHLETIC EDGE



Drive muscle growth, muscle-cell volume, and NO production with a combination of creatine, glycine, alpha-lipoic acid, and other ingredients. This blend also increases intensity and focus, with tyrosine, caffeine (225mg), and phenylalanine, and has B vitamins and electrolytes for energy and recovery.

BEAST MODE
BEAST



This mass and endurance blend helps increase muscle-cell volume with glycerol monostearate, NO boosters, and beta-alanine, among others. Neurostimulating cofactors include forms of choline, tyrosine, and *ginkgo biloba*. Also includes high-potency vitamin B, *Coffea robusta*, and *Nelumbo nucifera* (Indian lotus) seed extract.

1.M.R VORTEX
BPI



Formulated to enhance and intensify your workouts, 1.M.R Vortex delivers 1,705mg of BPI's full-speed vortex matrix blend: glycerol monostearate to pump up your muscle cells; caffeine to improve strength and reduce workout pain; yohimbe to burn fat; and supplements like white leadwort to boost focus and energy.

FIT TRAINER
MHP



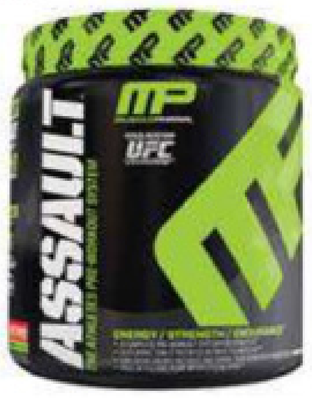
This pre-workout supplement supercharges you before training and helps recovery. Creatine, beta-alanine, and NAC drive muscular power and endurance. Agmatine sulfate, pine bark extract, and other ingredients support NO production. *Withania somnifera* helps control cortisol, a catabolic hormone that reduces your muscles' ability to grow.

SURGE PRE-TRAINING
MRI



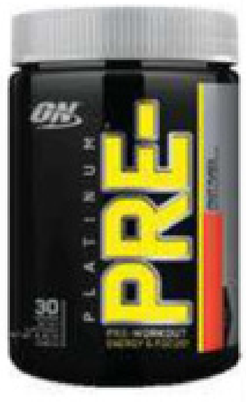
Designed to drive ATP production, trigger optimal circulation, and drive nutrients to working muscles, each dose contains more than 7g of a proprietary blend. The advanced NO booster contains multiple forms of arginine; the power complex contains beta-alanine, glycine, citrulline, and others; and the energy-boosting fraction contains taurine, caffeine, and glucuronolactone.

ASSAULT
MUSCLEPHARM



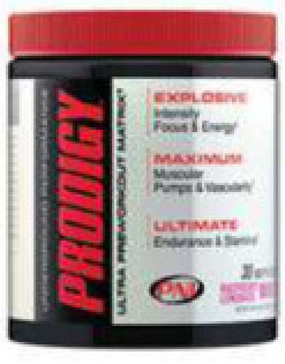
This formula includes an ATP amplifier to increase muscle-contracting intensity; a cellular transport and insulin activator to shuttle nutrients into muscle cells; a performance blend of NO boosters and BCAAs; and an energy igniter and hydration system comprised of coconut water powder, caffeine, huperzine A, and many other ingredients.

PLATINUM PRE
OPTIMUM NUTRITION



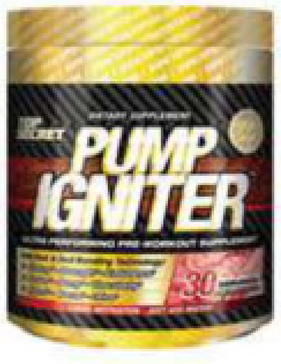
Each two-scoop serving provides 4g of citrulline to spur NO production, more than 3g of beta-alanine to increase muscular endurance, and a phytoblend of beet juice powder, grape seed extract, and red wine grape extract. In addition, 200mg of caffeine boosts strength and reduces workout pain.

PRODIGY
PNI



Prodigy contains a fusion of NO-producing and strength-boosting ingredients, including beta-alanine, agmatine sulfate, and creatine. In addition, the product's powerful energy-and-focus blend contains glucuronolactone, tyrosine, caffeine, and dendrobium alkaloids.

PUMP IGNITER
TOP SECRET



Ignite your pump with two blends: one that emphasizes pump and performance, and a second that boosts mood. The first contains more than 3.5g of beta-alanine, plus beet root extract and niacin. The second delivers caffeine, *Mucuna pruriens*, choline, agmatine sulfate, and other ingredients.

REDLINE WHITE HEAT
VPX



Among the ingredients in this proprietary blend are caffeine anhydrous, 4-amino-2-methylpentane citrate, yohimbine, and theacrine, which provide energy and focus to get you through intense training sessions.

COURTESY OF MANUFACTURERS

CONTINUED

ELITE QUALITY

CREATINE MONOHYDRATE FROM GERMANY – THE WORLD'S BEST!



1000 Grams-Only
$17.50

FACT. High quality Creatine Monohydrate is still the single most proven supplement available for quickly adding measurable size and strength gains. Another fact. Too many big brand supplement companies use lower-grade Chinese creatine that is far less potent and loaded with impurities.

GENUINE CLINICAL GRADE

If you're obsessed with purity and potency like we are, then there is no need to take chances when you can take Creapure® brand Creatine Monohydrate precision made in Germany. And thanks to ProSource's direct-to-consumer savings, you can get this ultra-premium-grade product for LESS than you would typically pay for the inferior standard grades found on the shelves of national chains. For increases in strength, cell volumization, fast-twitch muscle performance, recovery, and more, put the power of the industry's purest, most potent form of Creatine Monohydrate to work for you – Creapure® – brought to you by ProSource, Bodybuilding's Ultimate Quality Leader since 1996.

Fuel your muscles with the absolute Best!

Visit **ProSource.net** for the ultimate savings on Creapure® and hundreds of other ultra-premium "Clinical Grade" supplements.

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ADVANCED SUPPLEMENTS

AUGUST'S JACKED-IN-A-BOX SELECTIONS INCLUDED REFORMULATIONS OF SOME OF YOUR FAVORITE SUPPS.

RE-ANIMATE

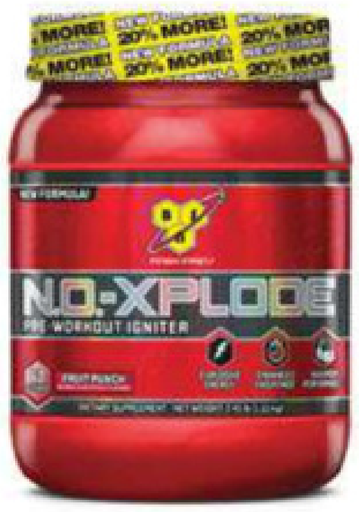
BEAST



Recover and grow! The glycogen-replenishing carbohydrate blend delivers 25g of glucose polymers and waxy maize. Hydrolyzed whey and aminos also provide more than 10g of whey, taurine, glutamine, and alanine. Other ingredients provide electrolytes, vitamins, minerals, and insulin cofactors.

N.O.-XPLODE

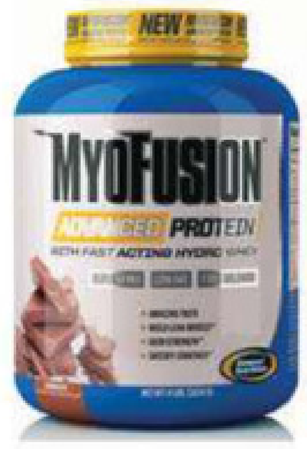
BSN



The new N.O.-XPLODE is the original pre-workout igniter, now re-engineered. The myogenic matrix provides creatine, while the endura shot blend includes beta-alanine and betaine to boost performance. The shock composite blend includes caffeine (200mg), citrulline, and DMAE.

MYOFUSION ADVANCED PROTEIN

GASPARI NUTRITION



This advanced formula provides fast-digesting forms of whey protein as well as slower-digesting casein and complete milk protein. Each one-scoop serving provides 25g of protein, with more than 5g coming from BCAAs without an amino infusion. The product contains no gluten, added sugar, or synthetic colors. An enzyme matrix helps you get the most from every dose.

ULIFT

LIFTAG SPORT



This pre-workout product delivers three dimensions of pump, and enhances oxygen uptake with citrulline, arginine, and agmatine sulfate. It also contains beta-alanine and creatine to boost strength and endurance. Other ingredients help sustain energy and focus and support recovery.

PHENBUTEROL

MUSCLEMEDS



This potent fat burner helps you get lean by boosting uncoupling protein 1 (UCP-1) with grains of paradise (*Aframomum melegueta*), and by activating thermogenesis. Other ingredients include caffeine anhydrous, *Ilex paraguariensis*, *Citrus aurantium*, and octopamine.

CARNITINE COMPLETE

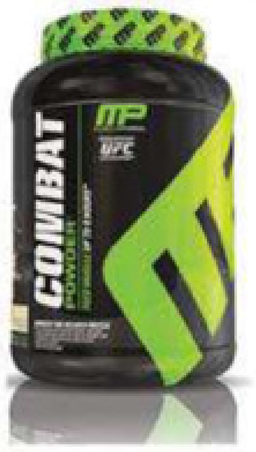
MUSCLEOLOGY



Carnitine is an important nonessential amino acid compound that helps shuttle fatty acids into the mitochondria of your cells, where they can be burned as fuel. Getting in a supplemental dose boosts fat burning, muscle growth, and cardiovascular health.

COMBAT

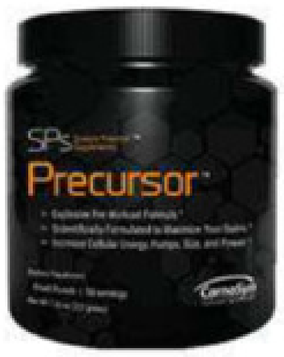
MUSCLEPHARM



This protein blend contains 25g of whey, casein, and egg proteins. Combat delivers fast amino acids via whey, and provides sustained delivery with slower-digesting casein. Plus, digestive enzymes help break down and absorb protein.

PRECURSOR

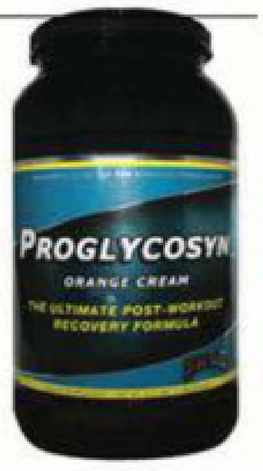
SPS



This explosive pre-workout product will help you maximize muscle gains. The advanced pump matrix contains citrulline malate, beta-alanine, agmatine sulfate, and other ingredients for strength, endurance, and NO production. The energy complex delivers tyrosine, grape seed extract, and ancient peat and apple extract.

PROGLYCOSYN

SNAC

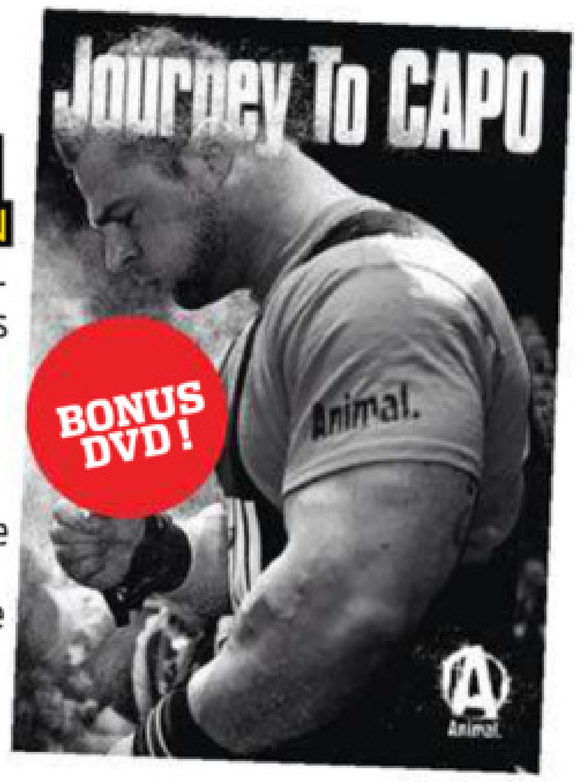


This ultimate recovery product delivers nutrients to stimulate muscle growth. Each serving provides 25g of protein and 25g carbs. The protein comes from instant whey protein isolates, and the carbs are from dextrose. In addition, proglycosyn provides glutamine, arginine, creatine, and electrolytes. Sent to Jacked-in-a-Box members who like orange flavor.

ALSO INCLUDED IN AUGUST

ANIMAL PRESENTS JOURNEY TO CAPO DVD

UNIVERSAL NUTRITION



Follow five elite American powerlifters as they travel to Australia's CAPO Nationals in Animal's exclusive behind-the-scenes documentary. Sam Byrd, Richard Hawthorne, Garrett Griffin, Brandon Lilly, and Eric Lilliebridge take on the best strength athletes in the world and assault the record books. This DVD provides a glimpse of these world-class competitors as men, friends, and brothers in iron.

WIN AN XBOX ONE!

It takes only two steps:

- Join Jacked-in-a-Box before Sept. 24, 2014.
- Write reviews for products sampled in Jacked-in-a-Box at The *Muscle & Fitness* Store by Oct. 7, 2014. One reviewer will be randomly selected to win an Xbox One ($499 value).



For official rules, please visit ***muscleandfitness.com/septemberjiab***

COURTESY OF MANUFACTURER

Nitrosigine®

Bonded Arginine Silicate

RAISE the BAR

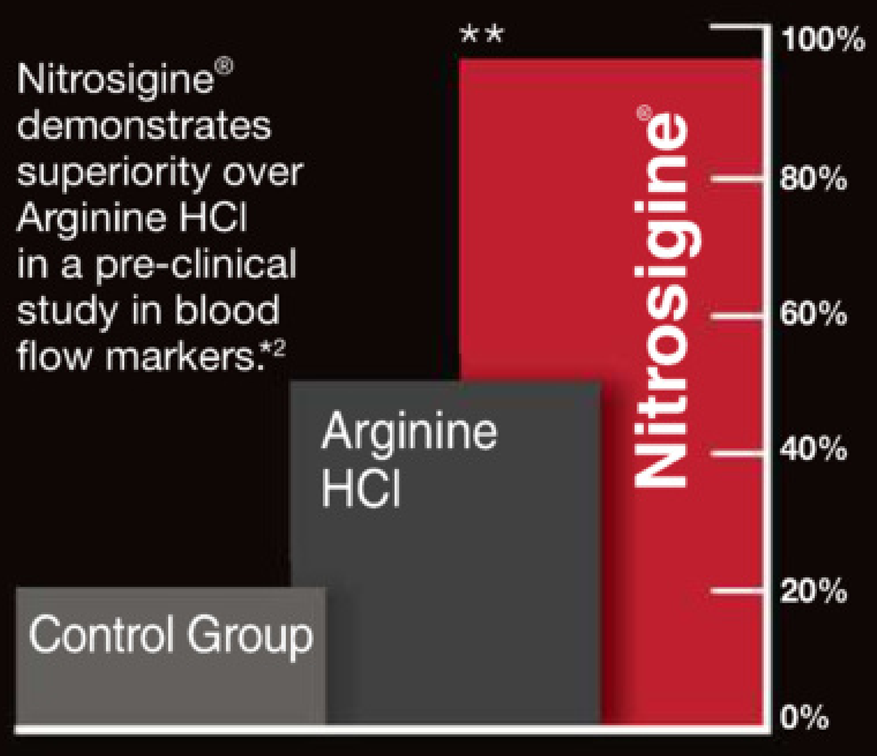
Extreme Results. High Reward.

Introducing Nitrosigine,® a patented ingredient of bonded arginine silicate. It has been clinically shown to significantly boost nitric oxide (NO) levels,*1 a key factor in increasing blood flow to working muscles. Nitrosigine® is engineered to take effect in as quickly as 30 minutes. Nitrosigine® keeps delivering benefits through your entire workout, for up to 3 hours*1 – after just a single dose! With continued use, nitric oxide levels build over time,*1 leading to even better blood flow and vessel flexibility.

Look for Nitrosigine® in your pre-workout products, such as Gaspari's SuperPump 3.0 and get the pump you want.



Nitrosigine® demonstrates superiority over Arginine HCl in a pre-clinical study in blood flow markers.*2



% Increase in Maximum Blood Flow after Bradykinin **P < 0.001 versus control

Nitrosigine® – The New Standard for Pumped Results™

Nutrition21

For more information visit nitrosigine.com

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

© 2014 Nutrition 21, LLC Nitrosigine® is a registered trademark of Nutrition 21, LLC U.S. Patents: 5,707,970; 6,156,735; 6,344,444; 6,803,456; 7,576,132 1. Kalman D, Feldman S, Samson A, Krieger D. A clinical evaluation to determine the safety, pharmacokinetics and pharmacodynamics of an inositol-stabilized arginine silicate dietary supplement in healthy adult males. *The FASEB Journal* 2014;28(1):SLB418. 2. Proctor SD, *et, al.*., A Novel Complex of Arginine Silicate Improves Micro- and Macrovascular Function and Inhibits Glomerular Sclerosis in Insulin-Resistant, JCR: LA-cp rats. *Diabetology*. 2005;48(9):1925-32. DRA0155NRBGA061814



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PerformanceDriven

LINE FROM DYMATIZE®

DESIGNED TO HELP YOU MEET AND EXCEED YOUR FITNESS GOALS.



M.P.ACT, Amino Pro, and M·P·S have been specially formulated to fuel your training, amplify your endurance through your workout, and accelerate your fitness gains. Work harder. Recover quicker. Reach your goals faster.

01 M.P.ACT

Ignite your training with this university-proven pre-workout. It provides caffeine for quick, sustained energy, Creatine to support burst and strength, as well as Beta-Alanine and BCAAs to support improved endurance.

02 Amino Pro

Take this to increase your endurance during your workout. Instantly soluble BCAA's minimize muscle breakdown and initiate muscle repair. Electrolytes, L-Taurine, and L-Citruline support hydration, energy, and circulation.

03 M·P·S

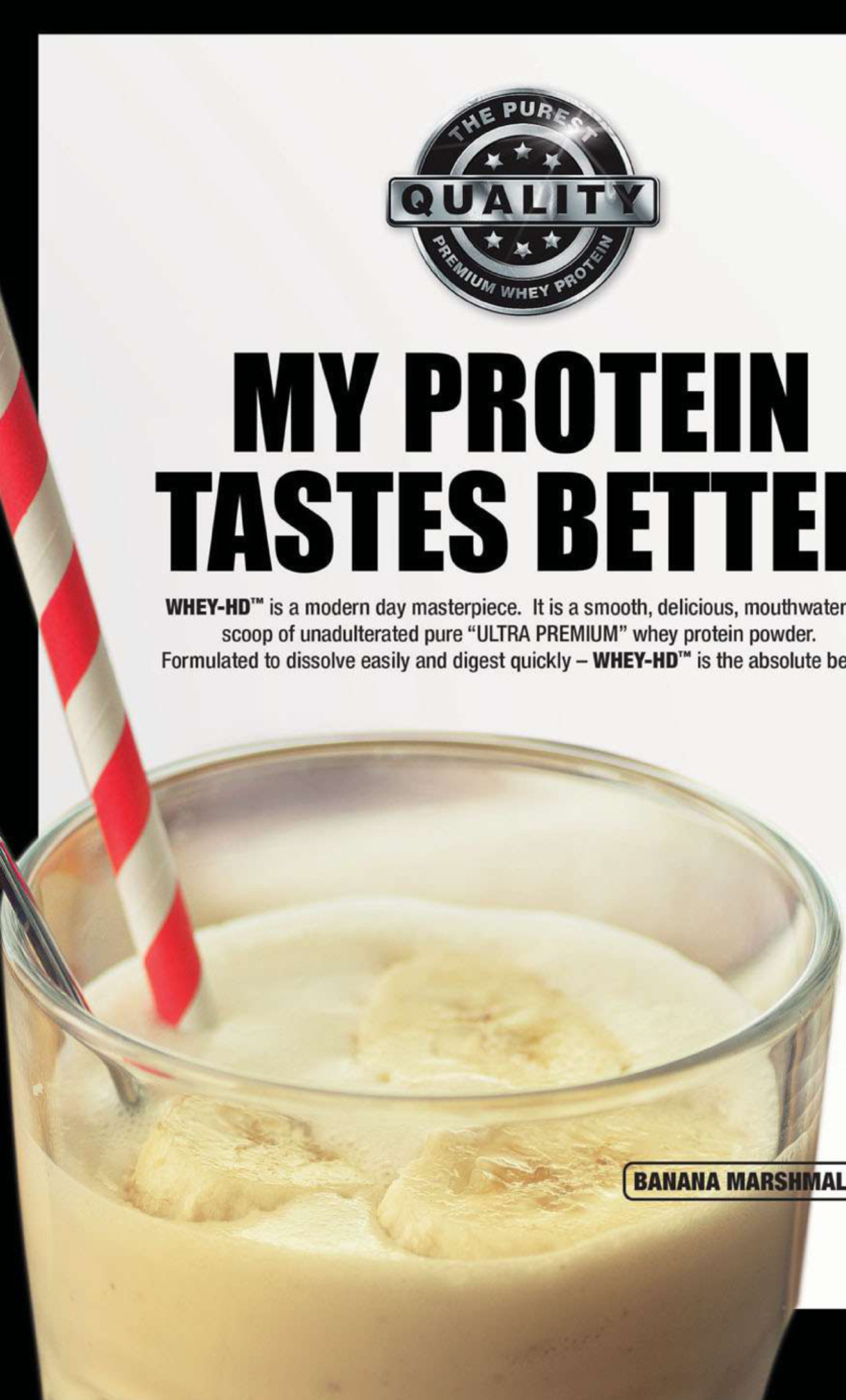
Only one scoop needed for faster muscle rebuilding, recovery, and growth. The 7g of BCAAs, 2.4g of whey protein isolate plus L-HICA + L-KIC combine to trigger muscle protein synthesis and help minimize muscle protein breakdown.

DYMATIZE®
NUTRITION
YOUR AMBITION. OUR NUTRITION.™

THE PUREST QUALITY PREMIUM WHEY PROTEIN

MY PROTEIN TASTES BETTER

WHEY-HD™ is a modern day masterpiece. It is a smooth, delicious, mouthwatering scoop of unadulterated pure "ULTRA PREMIUM" whey protein powder. Formulated to dissolve easily and digest quickly – **WHEY-HD™** is the absolute best.*





BANANA MARSHMALLOW PIE

*THESE STATEMENTS HAVE NOT BEEN EVALUATED BY THE FOOD AND DRUG ADMINISTRATION. THESE PRODUCTS ARE NOT INTENDED TO DIAGNOSE, TREAT, CURE OR PREVENT ANY DISEASE.

† When combined with a proper exercise and nutrition regimen. Statements based on early-stage independent 3rd party in vivo and / or in vitro model scientific research data findings for individual ingredients.
▲ Naturally existing as part of the whey blend.

25G ULTRA PREMIUM PROTEIN Per Scoop

NEW!

bpi SPORTS

BE POWERFUL®

DELICIOUS FLAVOR! • HIGH IN PROTEIN! • MIXES EASILY!

ULTRA PREMIUM WHEY PROTEIN POWDER

WHEY-HD™

PRE POST

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5.5G BCAA's‡

GLYCEROL MONOSTEARATE

25 SERVS.

ADVANCED DIGESTIVE ENZYMES*†

To be used in conjunction with:

Muscle / Strength Building Programs*†

Power / Endurance Programs*†

Nutrition / Weight Loss Programs*†

NET WT 2.15 lbs. (975 GRAMS) • DIETARY SUPPLEMENT



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Lipodrene®

DIETARY SUPPLEMENT

HI-TECH PHARMACEUTICALS

THE WORLD'S MOST ADVANCED WEIGHT LOSS AID EVER DEVELOPED WITH RAPID RELEASE TECHNOLOGY!†

Revolutionary Diet Aid for Energy and Weight Loss!†

- Over 1 Billion Dosages Sold and #1 Ephedra Product Available!†
- Hardcore Stimulants for an Eye-Opening Blast of Energy, Including 25mg Ephedra Extract & 1,3 Dimethylamylamine (DMAA)†



25MG EPHEDRA EXTRACT

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†These statements have not been evaluated by the Food and Drug Administration. This product is not intended to treat, cure, diagnose, or prevent any disease. This product should not be used in place of or as a substitute for recommendations by your healthcare professional. No clinical study has been performed on Lipodrene® Hardcore. These statements are based upon the active ingredients: Ephedra Extract, Acacia Rigidula, Theobromine, Yohimbe, Citrus aurantium, Caffeine, Green tea, 1,3 Dimethylamine HCl, 5-methoxytryptamine and Phenylethylamine. WARNING: this product can raise your blood pressure and interfere with other drugs you may be taking. Talk to your doctor about this product.

PHOSPHAGEN™

HI-TECH PHARMACEUTICALS IS LAUNCHING A NEW AND IMPROVED PHOSPHAGEN™!





1) Enhance the anabolic effect of greater muscle cell volumization, including through increased protein synthesis

2) Heighten and more rapidly mobilize concentrations of PCr muscle fuel to facilitate the rapid and sustained transfer of high-energy phosphate within the phosphagen system for ATP resynthesis, Phosphagen™ contains the most potent forms of creatine ever discovered: creatine nitrate, disodium creatine phosphate tetrahydrate, creatine phosphate, and creatine HCl. Thus, the bodybuilder who wisely chooses Phosphagen™ over another typical creatine product will have the extra amount of muscle fuel available to complete the one additional rep required to pull the trigger for muscles to grow.

Phosphagen™, by Hi-Tech Pharmaceuticals... more weight... more reps... more muscle!

www.hitechpharma.com

For more information, please call 1.888.855.7919.

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MEAN GREENE BACK MACHINE

Kai Greene's instinctive, methodical back training

Kai Greene has one of the best backs in the business. Long after he's retired from competition, his will be remembered as among the best backs—alongside Lee Haney's, Dorian Yates', and Ronnie Coleman's—in the annals of this iron sport.

Some guys' backs have good detail, which makes their rear double biceps formidable, yet they lack width, which leaves their rear lat spreads lacking. Others have a wide lat spread from behind, but don't look nearly as impressive in a front lat spread. Others have gaps in their backs, especially in the area between where the latissimus ends and the butt begins.

Not Greene. Greene won the jackpot in the back genetics lottery and milked it to the max. His lats are wide and thick, inserting so low into his waist it almost looks like he doesn't have a waist from behind. He's got so much muscle tissue back there his lower lats actually hang over his spinal erectors and glutes. Greene's wide shoulders only help his front lat spread match his rear lat spread; when he hits the pose from the front, he's got meat hanging down off his frame. In a Kai Greene back double biceps pose, things come alive, fibering out, jumping off back there: his back is crisp, detailed, gnarly—add your own adjective. Greene's back has been a strength for him since back in the day when he was placing in the top 3 at the NPC Universe, the show he'd win in 2004 to earn his pro card.

BY **TONY MONCHINSKI**
PHOTOGRAPHS BY **JASON BREEZE**

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SO, HOW DID GREENE BUILD SUCH A MAGNIFICENT BACK, AND HOW DOES HE CONTINUE TO MAINTAIN, DETAIL, AND REFINE IT?

For the purposes of this article, let's stick to descriptions of the exercises we have pictures for. Does Greene actually do these exercises? Greene does them. Does he do all of them each back workout? No. Sometimes. Greene mixes it up. We've seen him train using only a few exercises and we've seen him seemingly never leave the gym. We don't have pics here of pullovers, dumbbell rows, lat pulldowns, Jefferson deadlifts, etc. Suffice it to say, Greene has done 'em all at one time or another and still does them when he sees fit.

Whichever exercises he chooses, however many sets and reps he sets his sights on, generally Greene is a volume trainer. He's also a very smart trainer, attuned to his body. He's not in the gym to stroke his ego setting a personal record for weight lifted. Yeah, he's capable of moving some very heavy poundages, but he's also methodical. His is text-book form. He doesn't jerk or yank the weight solely to move more of it.



"TYPICAL" GREENE BACK ROUTINE

EXERCISE	SETS	REPS
Wide-grip Pulldown	4	12–20
Close-grip Pulldown	4	12–20
Barbell Row	4	8–12
T-bar Row	4	12–20
Seated Row	4	12–20
Deadlift	4	20

"TYPICAL" GREENE TRAINING SPLIT

MONDAY	Chest and calves
TUESDAY	Shoulders and forearms
WEDNESDAY	Back
THURSDAY	Off
FRIDAY	Legs and calves
SATURDAY	Arms
SUNDAY	Off

*Greene's workouts and the order in which he performs them are highly instinctive.



WIDE-GRIP PULLDOWN

In the photo, Greene is seated with his knees braced under the pad. Usually he'll bring the bar down to under his chin when he does them seated this way. However, you'll often see Greene perform these leaning into the seat, his legs out behind him rather than under the knee pads. This forces him to use less weight, but allows him to focus more on the feeling in his back. It also lends itself to pulldowns behind the neck, which Greene regularly does. **Greene brings the bar down steady and controlled, squeezing his traps, rear delts, and then lats,** rotating his elbows slightly, alternately abducting (opening) and adducting (closing) his scapula. Sure, he might use the whole stack, but it's not about pulling weight: it's about contracting the targeted muscles.

CLoSE-GRiP PULLDoWN

Don't think this is the second exercise Greene usually does because it's listed second here. There is no "usual" Greene back workout. You might read this article, go to the gym, see Greene training back there, but doing none of these exercises you're reading about here. He's constantly switching it up: reps and sets, exercises and how they're performed.

When he does close-grip pulldowns, Greene doesn't lean back like a lot of guys do to yank more weight down. He pulls the handle into his upper chest, squeezing the heck out of his lats, then repeats. Greene envisions his arms as hooks and tries to take his biceps out of his back exercises as much as possible.

CAREER HIGHLIGHTS

2013: Mr. Olympia. 2nd, EVLS Prague Pro, 1st ■ **2012:** Mr. Olympia, 2nd ■ **2011:** New York Pro, 1st; Mr. Olympia, 3rd ■ **2010:** Arnold Classic, 1st; Australian Pro Grand Prix, 1st ■ **2009:** Australian Pro Grand Prix, 1st; Arnold Classic. 1st; Mr. Olympia, 4th ■ **2008:** NY Pro. 1st ■ **2007:** Colorado Pro/Am Classic, 1st

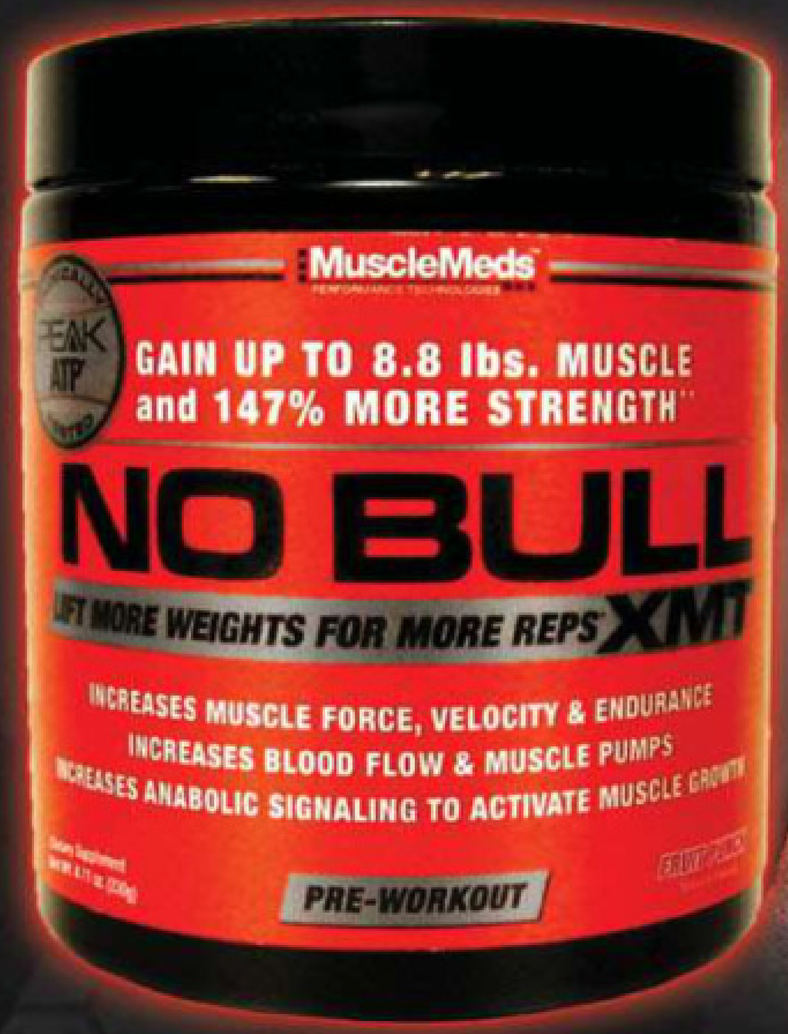
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BARBELL ROW

Many guys do these Dorian Yates-style nowadays: standing at a near 75- or higher-degree angle, pulling the bar into the lower abdomen with a shoulder-width underhand grip, and really feeling it in the mid back. **Greene does barbell rows the old fashioned way, the way Arnold and Lee Haney did them.** He bends all the way over, his upper body parallel to the floor. He takes a wide grip, so wide in fact that his hands are within a couple inches of touching the sleeve. He juts his ass out and sticks his chest up to contract his lats as he draws the bar into the area just below his pecs (not his lower abdomen). You'll see him do these with four plates on either side; Greene could do more if he altered his grip and stance. But he won't compromise form, feel, and effect for some meaningless number.

POST-WORKOUT reDEFINED

One of the biggest risks every athlete on a low carb, low calorie or pre-contest diet faces is the loss of muscle mass. While low carb and low calorie diets are effective for facilitating fat loss, they also leave your body vulnerable to falling into a catabolic state. DARK MATTER ZERO CARB CONCENTRATE is the result of the latest research surrounding how to elicit maximum post-workout protein synthesis, ATP replenishment and insulin spiking without using loads of carbs or sugar. Taking DARK MATTER ZERO CARB CONCENTRATE immediately after your workout will help create a favorable muscle building environment so you can get the most out of your workouts and be your absolute best, even when you are dieting!

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GREENE'S FAVORED SUPPLEMENTS

- MuscleMeds N.O. Bull
- MuscleMeds Methyl Arimatest
- MuscleMeds Carnivor Shots

GREENE'S "TYPICAL" MEAL PLAN

- **MEAL 1**
  Egg whites with cheddar cheese and scallions, Ezekiel bread, apple
- **MEAL 2**
  Tilapia with veggies
- **MEAL 3**
  Flank steak with tomato and cucumber
- **MEAL 4**
  Chicken breast with dried cranberries, veggies
- **MEAL 5**
  Tuna steak with 7 oz cod, yams, asparagus
- **MEAL 6**
  Tilapia with veggies

*There is nothing typical about Greene's diet, other than the fact that he eats a lot of food several times a day. The amounts he consumes also vary, hence no ounces are listed. This is a man who has been known to eat 10–12 pounds of meat a day.



T-BAR ROW

Greene's stance with these is similar to his barbell rows: he's bent way over. His reps are fast, but not choppy. **He pauses for a brief but discernible moment at the top of each rep.** He's not yanking the weight up. Greene doesn't load eight or nine 45-pound plates on the bar. With his strength, if he loosened up his form, he could. But again, that's not what he's about.

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MACHINE ROW

Greene will change his grip on these between and within workouts to target different areas of his back. **He pulls his elbows back as he does before hitting a rear lat or back double biceps pose,** squeezing the meat of his mid and lower back together.

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White Flood Reborn is a cutting edge preworkout formula that will rev you up for lifting and cardio like none other. Not only will you experience out of this world pumps but tons of extra energy and true muscle building potential. That muscle building potential comes from the addition of compounds usually not seen in pre-workout formulas of the past. We have also included potent anti-oxidants to scavenge any free radicals normally elicited by Nitric Oxide inducing ingredients.

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SEATED ROW

Here Greene is doing this movement on a seated cable row station. He also often does them on a machine. Again, it's about drawing his elbows back, contracting the fibers of his mid and lower lats, then letting his arms go out far enough away from his body that he gets a good stretch in his wings without stretching his upper body out over his toes. In a previous shoulder training article it was mentioned how Greene will bring the handle into his upper chest to feel these in his rear delts and traps. **When he's targeting his back (as he is here), the handle is brought in toward the abdomen.**

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DEADLIFT

Greene likes deadlifts because, much like squats, they work everything. **Greene feels trainers who neglect their deadlifts are going to have a lot of empty space between their lats and upper glutes.** He gets his butt down at the beginning of the rep like he's sitting into the movement. His hands are usually both over, not one-over one-under like a powerlifter. Greene wants to feel these throughout the rear of his body, especially in his spinal cords. **FLEX**

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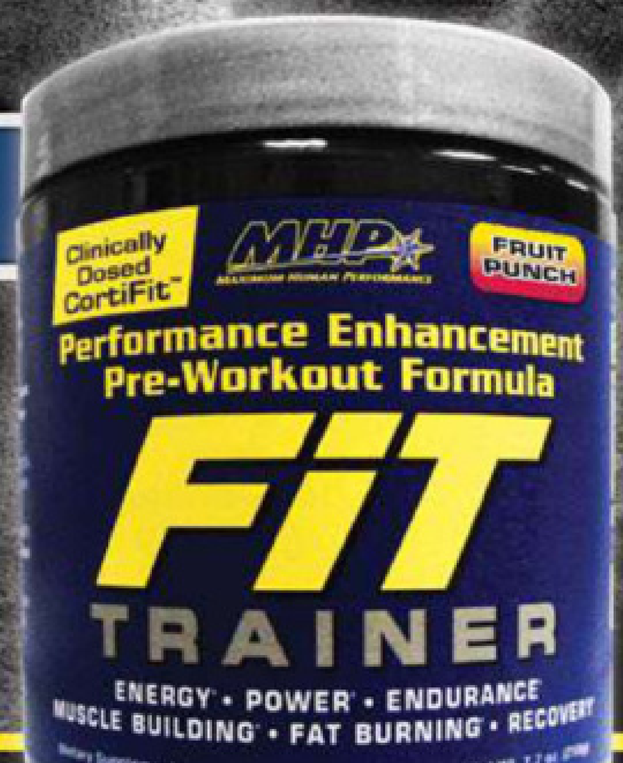
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***Andy Fidino**—Eugene, OR*



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***Cody Yahn**—Vancouver, WA*



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***Ross Mullaney**—Franklin, TN*



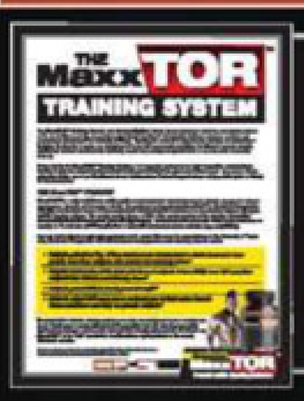
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***Alvin Cooper**—Dunnigan, CA*



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***Timmy Kenan**—Wilmington, NC*



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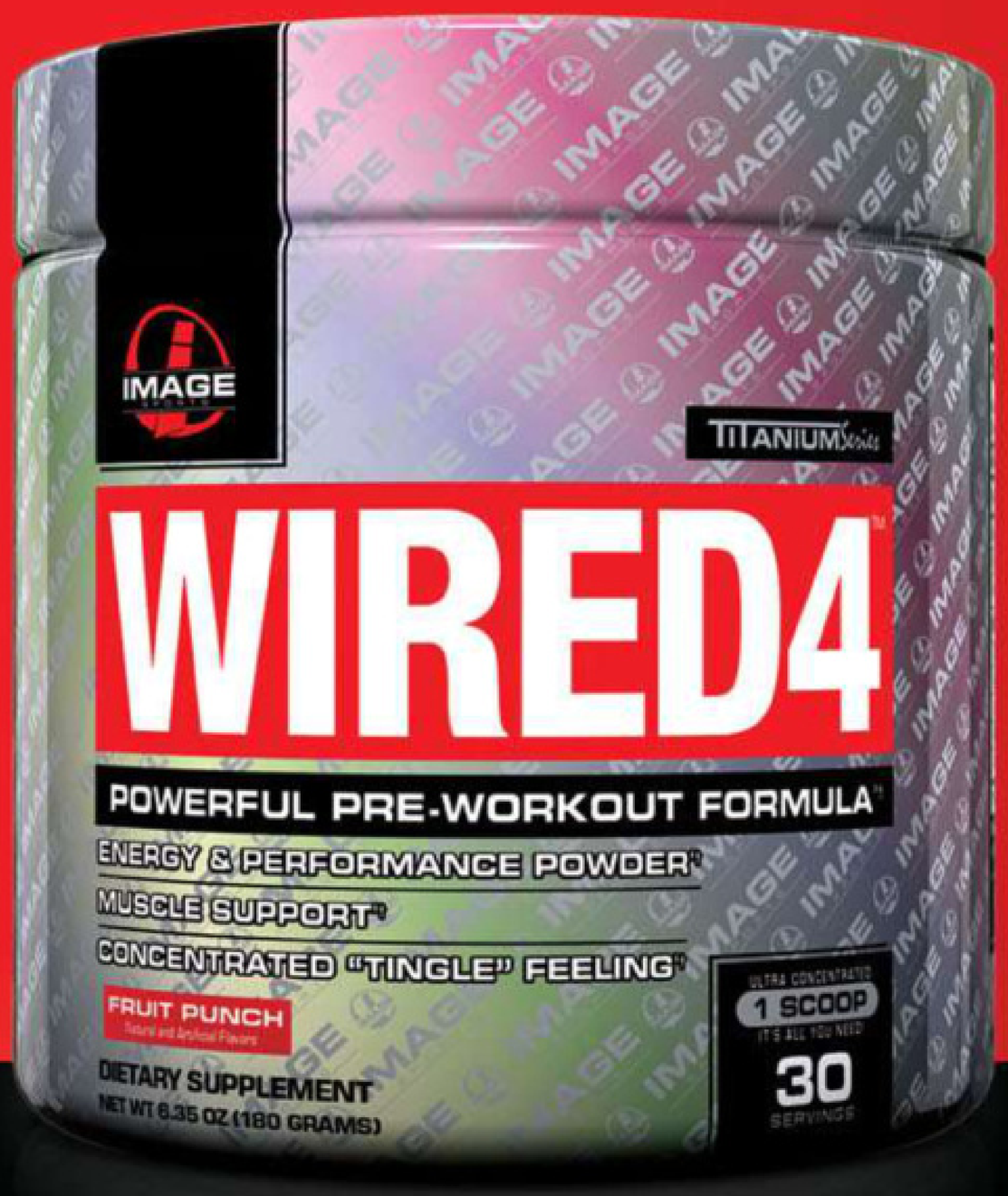
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1 Jess Welna is member of Team BPI who received complimentary products in exchange for his testimonial.

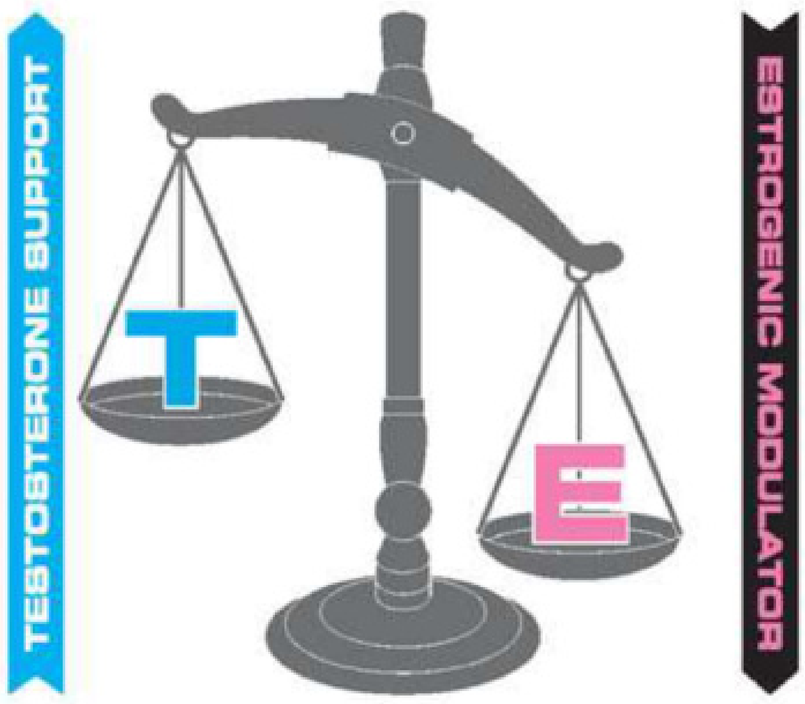


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Barbell Upright Row
Sets 4 & Reps 12, 10, 8, 8

Barbell Shrug
Set 4 & Reps 12

Smith Front Press
Sets 5 & Reps 15, 10, 10, 8, 6

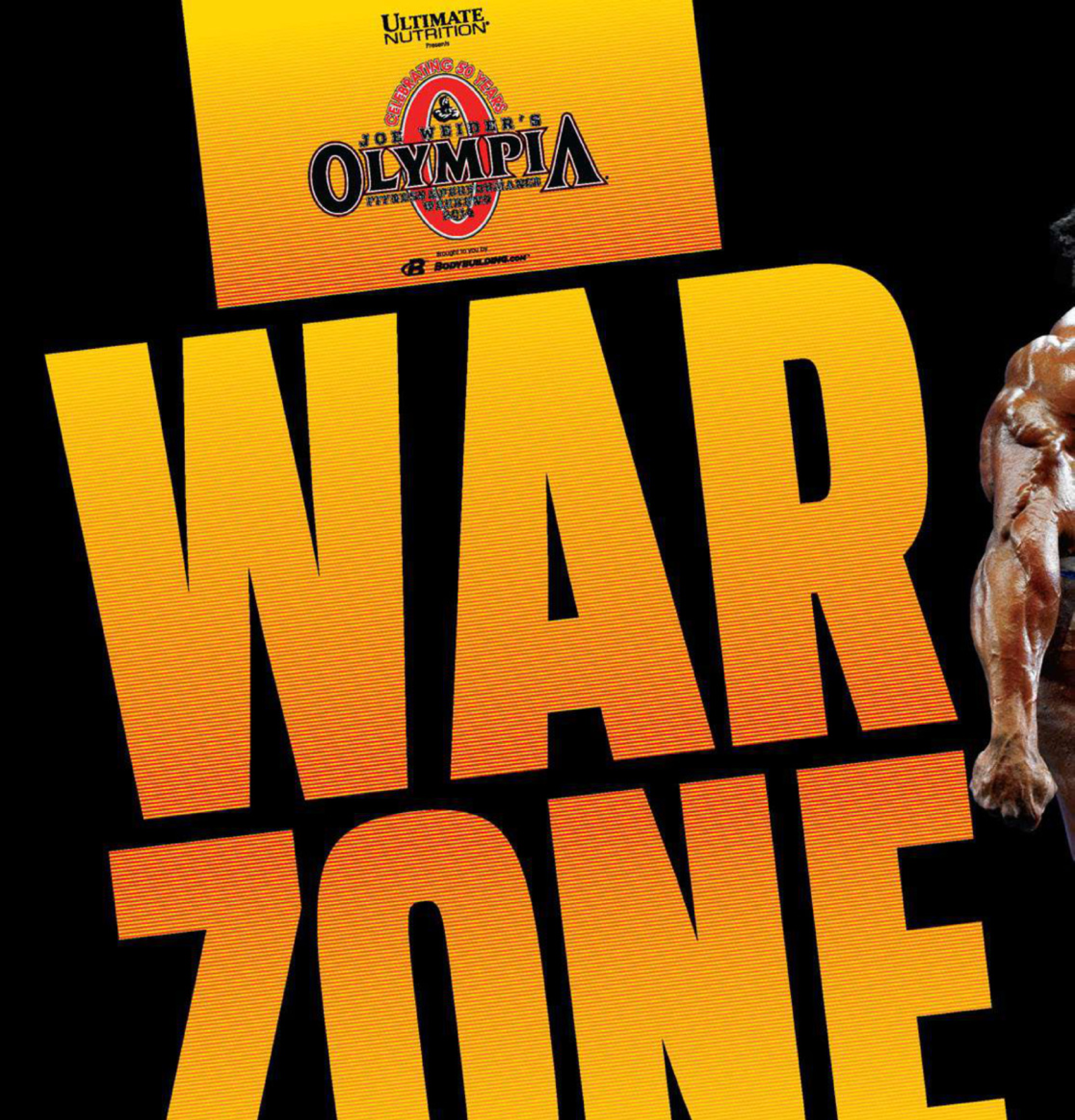
One Arm Dumbbell Press
Sets 2 & Reps 15

ABS

Hanging Knee Raise
Sets 4 & Reps, 10-20

Exercise Ball Crunch
Sets 3 & Reps 10-20

bpi SPORTS



The **2014 Mr. Olympia** is shaping up to be an epic battle, and we've got Jay Cutler, Dennis James, and Flex Wheeler to give you the ultimate insider's view on all the fireworks sure to explode at the historic 50th Mr. Olympia

BY **TEAM FLEX**

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For our preview of the 50th Mr. Olympia, we knew we had to take it to the next level. And thanks to the stars and planets aligning for us at just the right moment in the space-time continuum, we assembled an all-star team with nearly 40 years of combined pro contest experience, including 30 Mr. Olympia appearances between them: Jay Cutler, Dennis James, and the newest member of Team AMI/Weider, Flex Wheeler. Their collective involvement in the Olympia dates back to the early days of the '90s, when Dorian Yates ruled, through the Ronnie Coleman dynasty of the late '90s to mid-2000s, and up to the present reign of Phil Heath. From backstage to center stage, they've seen it all and, more important, done it all, at the sport's greatest contest. And they're sharing their unique perspective on all the competitors, including strengths, weaknesses, key matchups, and critical moments to watch for, which could make the difference between victory and defeat. So without further ado, here's a look at the 2014 IFBB Mr. Olympia with Team AMI/Weider athletes Jay Cutler, Dennis James, and Flex Wheeler.

PHOTO CREDIT: GREENE & HEATH: BILL COMSTOCK; RAMY, RHODEN & WOLF: PER BERNAL; CUTLER & JAMES: PAVEL YTHJALL; WHEELER: CHIS LUND

THE ANALYSTS



JAY CUTLER

YEARS IN THE IFBB PRO LEAGUE: 15*

NUMBER OF OLYMPIAS: 13

BEST FINISH: 1st (2006–07, 2009–10)



DENNIS JAMES

YEARS IN THE IFBB PRO LEAGUE: 13*

NUMBER OF OLYMPIAS: 10

BEST FINISH: 4th (2003)



FLEX WHEELER

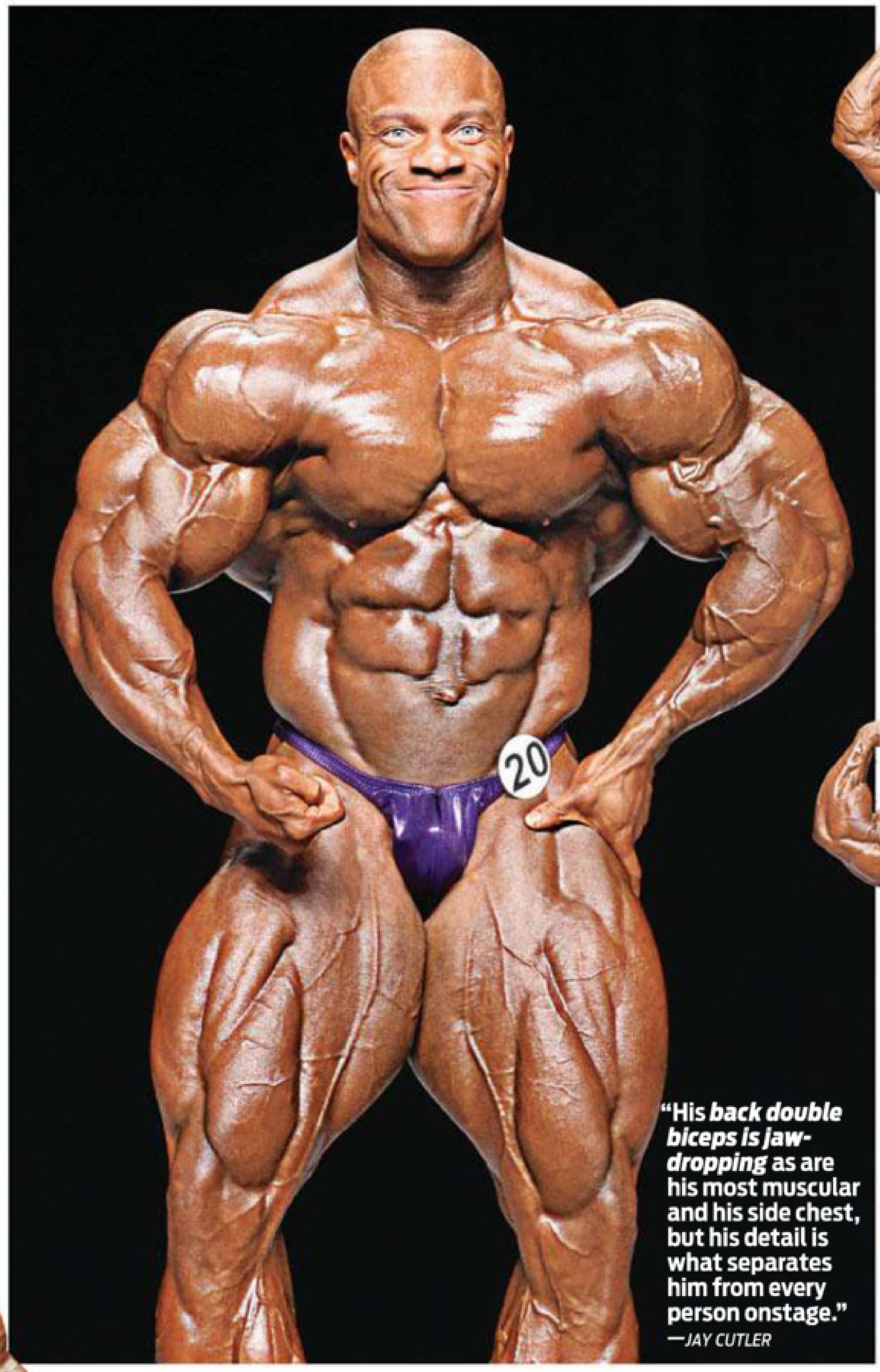
YEARS IN THE IFBB PRO LEAGUE: 9*

NUMBER OF OLYMPIAS: 7

BEST FINISH: 2nd (1993, 1998–99)

** Number reflects years of active competition*

PHIL HEATH







"His *back double biceps is jaw-dropping* as are his most muscular and his side chest, but his detail is what separates him from every person onstage."
—*JAY CUTLER*



BIRTHDATE 12/18/79 | **HEIGHT** 5'9" | **WEIGHT** 250 pounds
OLYMPIA HISTORY 2008, 3rd; 2009, 5th; 2010, 2nd; 2011–13, 1st

DENNIS JAMES ***Phil is going to be extremely hard to beat.*** He has to keep doing what he's been doing and not worry about size and beat everyone with his conditioning, like last year. It would be a mistake to change his contest approach. He has that 3-D look. He does not have to worry about a lot of people in this lineup—there are only three people who can catch him off guard and that's Kai Greene, Dennis Wolf, and Ramy (Mamdouh Elssbiay).

JAY CUTLER Phil is extremely focused on winning his fourth Olympia this year, and ***he has the size and conditioning to beat anyone.*** No one has fuller muscle bellies than Phil, he has great tie-ins, and he keeps getting better each year. He has overcome the width issue with his shoulders, and I don't see his having any problems with anyone in this lineup. The advice I've always given Phil is to train smart and don't get injured and don't try to play the size game. ***His back double biceps is jaw-dropping as are his most muscular and his side chest,*** but his detail is what separates him from every person onstage.

FLEX WHEELER I don't think anyone is going to defeat Phil this year, when you have someone like Kai, who is his biggest threat and has the size but does not have the conditioning of Phil Heath, ***I don't think Phil has a lot of competition this year.*** There are people like Dennis Wolf, who has the height, but no one can pack the mass and conditioning on their frame like Phil. ***Phil is probably at the peak of his career, and I don't see anyone being able to take away the title from him this year unless he comes in off.*** Phil does not try to compete with anyone but Phil, which makes him a great champion. He loves being Mr. Olympia and he's not going to give it up easy. It's his Olympia to lose, but I don't see anyone within striking range.

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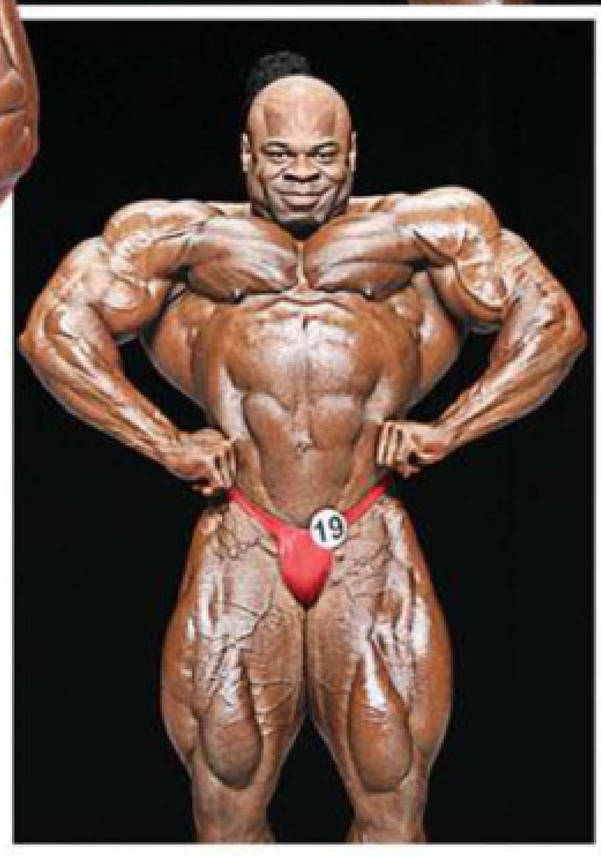
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KAI GREENE





"He has everything he needs to win; he just needs to come in better conditioned than he has ever competed before."
—*FLEX WHEELER*





BIRTHDATE 7/12/75 | **HEIGHT** 5'8" | **WEIGHT** 260 pounds
OLYMPIA HISTORY 2009, 4th; 2010, 7th; 2011, 3rd; 2012–13, 2nd

FW ***He is the only guy who can take the title away from Phil if he comes in conditioned.*** I want to see Kai arrive in shape like the first time he won the Arnold Classic—that's the Kai who can win the Olympia. I have spoken to Kai and told him to compare the pictures of last year's Olympia with the pictures of him when he won his first Arnold, and I asked him, "Which physique would win?" If he tries to get bigger, he's going to lose. He has to come in peeled and not try to win the Olympia on size. He has everything he needs to win; he just needs to come in better conditioned than he has ever competed before. If Phil is not at his best, Kai can take the title. If he comes in like he did last year, he won't be second.

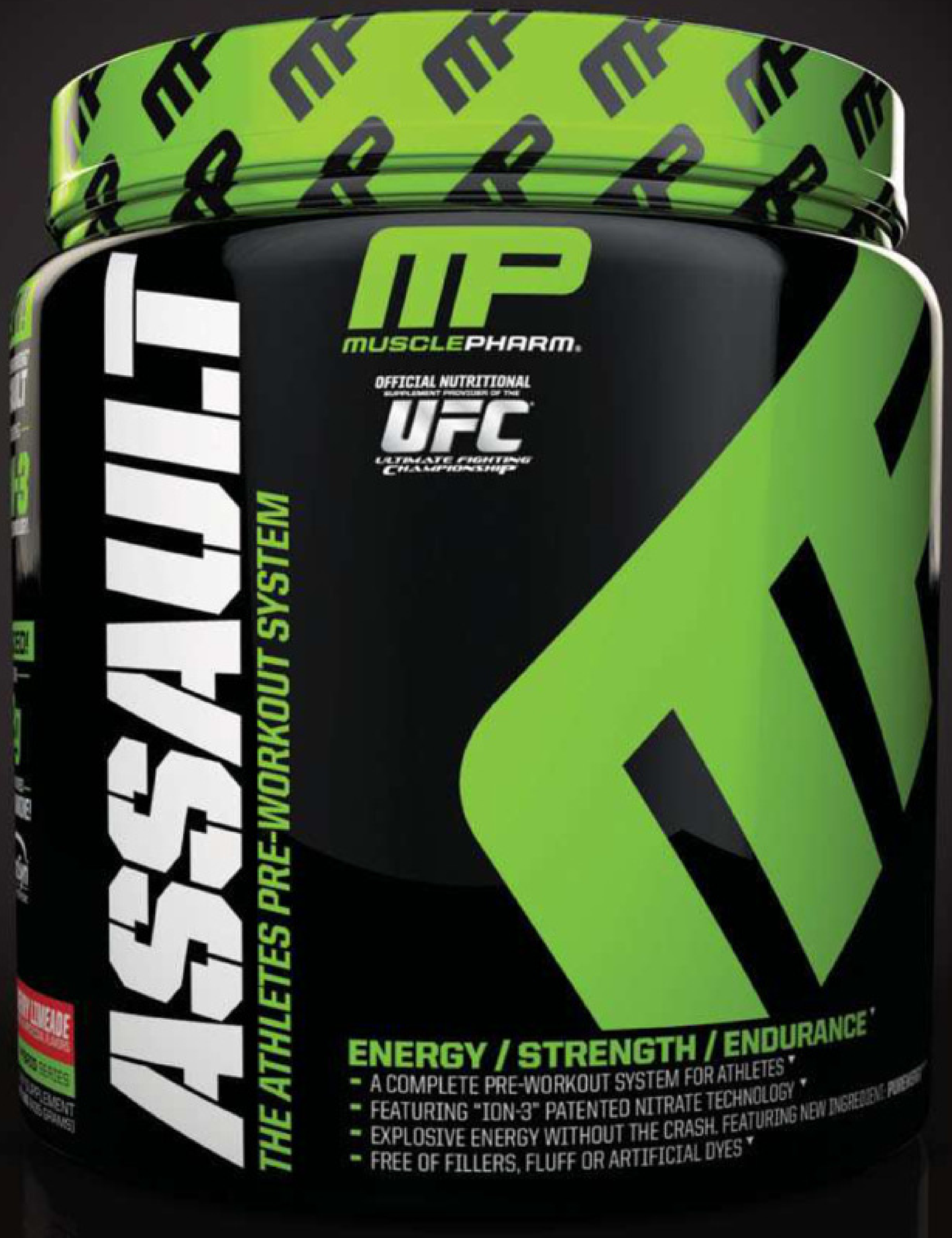
DJ He has proved that he is the most serious bodybuilder in the off-season by keeping his weight down and trying to come in leaner this year. ***There is no bigger threat than Kai Greene.*** My concern with Kai is that he has been dieting all year and keeping his weight down—will this affect him mentally when the Olympia diet starts? Mentally, can he sustain the fact that he has been runner-up the past two years? Sometimes not relaxing can negatively affect your performance. He can't make the same mistake as last year and come in too big—he has to come in shredded, like the 2012 Olympia, and stay full. ***He needs to arrive in the condition he was in when he won his first Arnold Classic in 2009 and if he does that, there is going to be a dogfight between him and Phil.*** If he comes in the same shape that he did last year, I can guarantee he won't get second place—he will slip to third or forth.

JC Definitely a top-three contender. The big question mark is what type of conditioning will he show up in? People always ask me, "Can Kai Greene win the Olympia?" ***Absolutely, he can win if he nails his conditioning.*** Phil is going to have to be slightly off his game, and Kai has to overcome this mentality of being 300 pounds two weeks out and then drop to 260 or 270. You can't lose that much weight and expect to look on point. When he drops that much weight, he loses his pop in the upper body and flattens out. I have been 290 two weeks out before a contest and competed at 260 and it's too difficult to manage your fluids—it never worked well for me and for him either. Kai has got to understand that he has never won an Olympia because he has yet to nail his conditioning and have that thin-skin appearance because he is dropping weight too fast and the muscle can't sustain the appearance. Kai looked his best a few years ago when he was downsized in muscle and had better conditioning.

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DENNIS WOLF









BIRTHDATE 10/30/78 | **HEIGHT** 5'11" | **WEIGHT** 275 pounds
OLYMPIA HISTORY 2006, DNP; 2007, 5th; 2008, 4th; 2009, DNP; 2010, 5th; 2011, 5th; 2012, 6th; 2013, 3rd

JC I expect him to be in the top three this year. Dennis has the height and size, and he has found the formula for his conditioning, but he needs to hold his size and not flatten out or he will drop in placing. If Phil or Kai is off on their conditioning, Dennis can win. ***Dennis has the size, but he lacks the conditioning of Phil Heath and will outmuscle a lot of guys on the stage.***

FW He has finally started living up to the potential we all knew he had four or five years ago with his third-place finish at the Olympia. A lot of people had him second, even challenging Phil. He can still add more muscle to his frame with his height and structure. ***I think he will be an even greater contender this year based on the off-season pictures I've seen of him.***

DJ He's finally starting to fulfill his potential as a top-ranked bodybuilder who can win the Olympia crown. ***Dennis has been steadily improving over these past few years, especially bringing up his back and hamstrings, which were his weak parts.*** Dennis is tall and wide, which makes him look dominating onstage. His problem is his calves—there's nothing he can do about his calves, but I don't think this will hold him back from winning the Olympia. There were plenty of Mr. Olympia winners with weak calves such as Dexter Jackson and Ronnie Coleman. ***For Dennis to take the title from Phil, he needs to come in razor sharp*** because Phil has the complete package.

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MAMDOUH ELSSBIAY





FW He is like Jay Cutler—everyone knew he would be Mr. Olympia, it was just a matter of time. Jay got better slowly and started picking me and Ronnie and others off year after year and that's what Ramy needs to do. I don't think he should hit the gas pedal and just exhaust his capabilities. I would recommend a slow progress. I know he does not want to hear this but, "Be patient and continue to improve your physique year after year!" He has competed less than any other competitor on that stage. ***Let his physique ripen, and if he remains injury-free, I can see him breaking Ronnie's and Lee's record-eight Sandow wins.***

JC: He is the X factor. He is not going to win if he keeps coming in as he has been; he has the size, and he just needs to nail his conditioning. ***He has all the body parts and no real weaknesses except for his conditioning.*** He has the best legs in bodybuilding to date; I have never seen legs like his from the front. He has a similar problem as Kai; he gets so big in the off-season that he has a hard time coming down to competition weight. ***He is only 28, he has all the tools, and it's only a matter of time before he becomes Mr. Olympia.*** He has to get that thin skin—even if he loses some muscle, he is still going to be the biggest guy on the stage. Every 10 or 15 years, a guy comes out of nowhere and blows everyone away, and Ramy is that guy. I feel that Ramy has had more of an impact than Dorian Yates. Dorian had that crazy conditioning, but Ramy's size and structure is something that bodybuilding has not seen for a long time.

DJ: He has the potential to dethrone Phil more than any other bodybuilder! ***He has size, shape, and structure to be Mr. Olympia if he comes in conditioned.*** Everyone knows that Ramy has to be more conditioned than he has ever been to beat Phil. He is coming to train with me two months before the Olympia, so the world is going to be shocked when Ramy gets onstage. I will promise you that at this year's Olympia Ramy will be the most shredded you have ever seen! Phil is the champ, but Phil knows the only person on that stage with the potential to beat him is Ramy. If Ramy comes in the same condition as Phil or close to Phil, he will win due to the sheer size. If Ramy is not on, Phil will not be beaten.

BIRTHDATE 9/16/84 | **HEIGHT** 5'9" | **WEIGHT** 286 pounds
OLYMPIA HISTORY 2012, 8th

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SHAWN RHODEN



"If a few guys are off, Shawn can take their spots with his combination of conditioning and symmetry."
—*FLEX WHEELER*



BIRTHDATE 4/2/75 | **HEIGHT** 5'9" | **WEIGHT** 235 pounds
OLYMPIA HISTORY 2011, 11th; 2012, 3rd; 2013, 4th

DJ: He can be as good as he was last year, but I think the best Shawn Rhoden we saw was at the 2012 Dallas Europa. I don't see him being able to make improvements being almost 40 years old. ***He has beautiful lines, shape, and muscle bellies but just does not have the size to compete with the guys on the Olympia stage.*** I think he can make top five if he is on and people like Dennis and Kai are off, but I think the injured foot is going to hurt his training. If he nails his conditioning like in 2012, I think he will make top five.

FW: That's my Mini-Me. He is one of the more symmetrical guys onstage, and he continues to get better. He continues to put on size and it does not affect his symmetry. ***If Shawn can continue to improve his conditioning, come in a little bigger while not affecting his symmetry, and bring up some of his lagging body parts, he can possibly be top three.*** Structurally, he is more complete than a Kai Greene. If a few guys are off, Shawn can take their spots with his combination of conditioning and symmetry.

JC: He has the detail and symmetry, but as much as I would love to see him make the top three, I don't see him making it this year because he lacks the size of the other competitors. ***He is structurally perfect, but the perfect example is the Arnold Classic, when Wolf outsized him.*** There was nothing more Shawn could have done. It comes down to a big man's contest at the Olympia, and Shawn just does not have the frame to be a mass monster without losing his symmetry. Age is going to be a factor for Shawn; you have Phil in his prime and Dennis in his prime and Ramy has yet to reach his prime—how long can Shawn push the limits at 40 years old? I see him and Dexter battling it out for fifth place.

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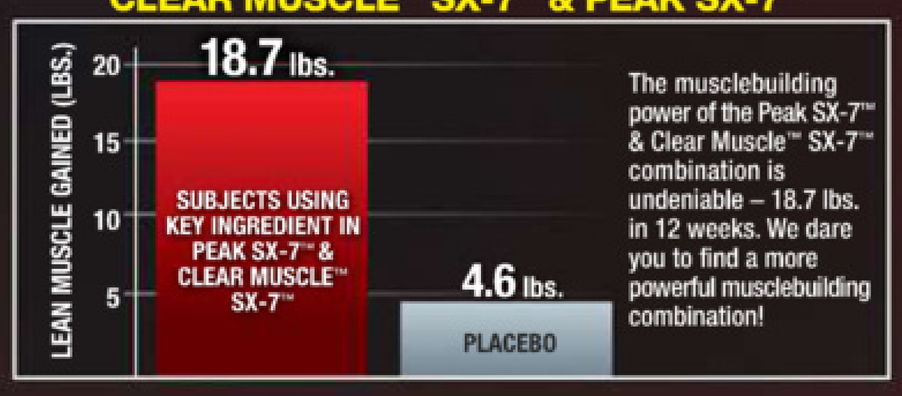
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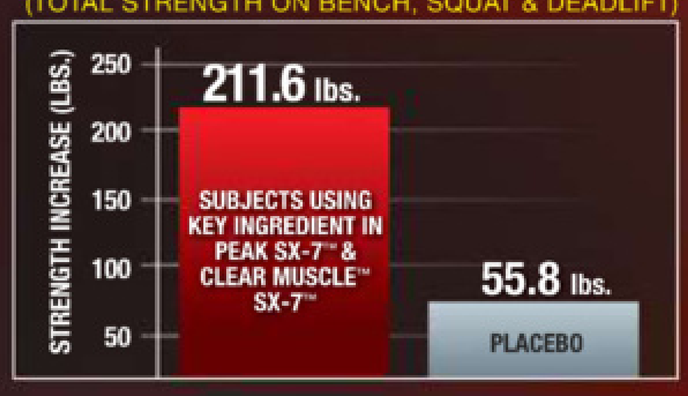
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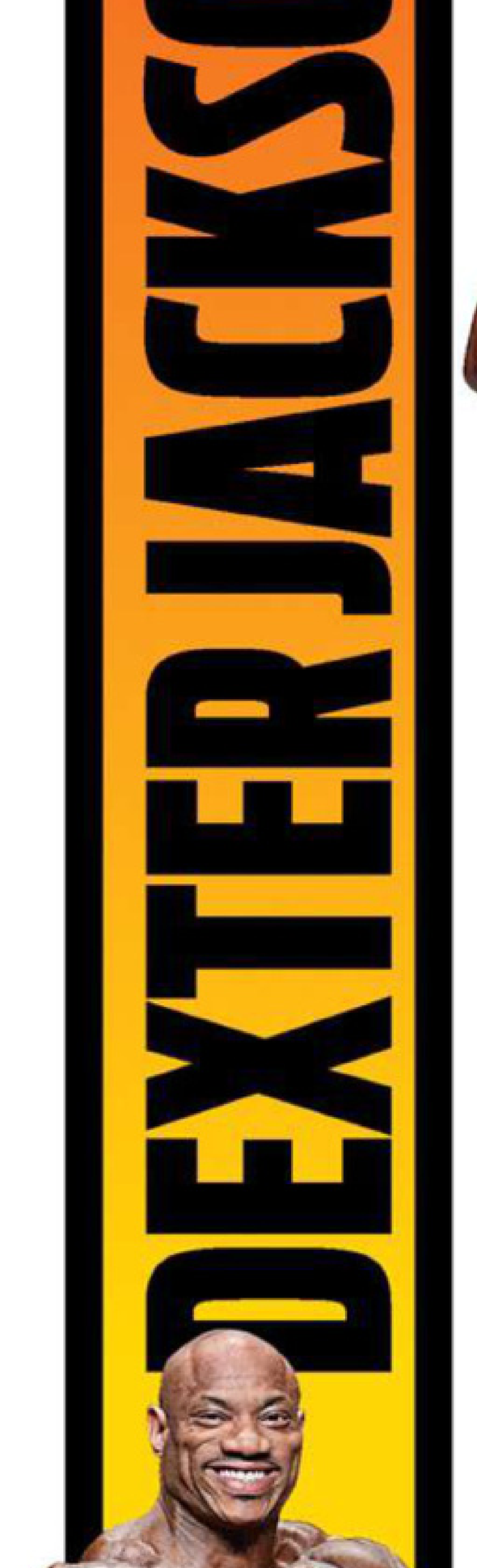
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DEXTER JACKSON





"With his trademark conditioning, he is going to edge out anyone who tries to come in bigger but loses the conditioning."
—*DENNIS JAMES*





JC He is the wild card. He has gotten bigger this year so it's going to be interesting to see how this added size equates at the Olympia. He got fifth last year, and he can improve only so much because of his age, but he has that crazy conditioning that seems to keep getting better. ***Dexter is always on point, and that's where he's going to beat guys.*** I expect him to be in the top six, but if everyone is on, he is going to get pushed out of the top spots because of his lack of size. Dexter has lost some "pop" to his muscle, but that just comes with age.

FW He is living my dream. When I competed with Dexter back in the day, he did what me, Shawn Ray, and Levrone couldn't, which was win a Sandow. If I were Dexter, I would just be happy to be on the stage—and since he has been training with Charles Glass, ***I think he has gotten better with age. Dexter is more consistent than any other bodybuilder, so I think he can crack that top five this year.*** He knows his body very well, so I think his consistency and his size and conditioning will be able to knock out those guys who come in out of shape.

DJ I think Dexter is going to shock everyone again this year, he has put on more mass in the off-season, and he is going to edge out those guys who come in off. That's what he has been doing and he is not going to stop. ***He is going to be full and conditioned and he is going to be in the top five or six spots, depending on if anyone is off.*** With his trademark conditioning, he is going to edge out anyone who tries to come in bigger but loses the conditioning. Dexter knows that he can't come in bigger to beat guys, he knows that he is going to win with his conditioning and fullness.

BIRTHDATE 11/25/69 | **HEIGHT** 5'6½" | **WEIGHT** 235 pounds
OLYMPIA HISTORY 1999, 9th; 2000, 9th; 2001, 8th; 2002, 4th; 2003, 3rd; 2004, 4th; 2006, 4th; 2007, 3rd; 2008, 1st; 2009, 3rd; 2010, 4th; 2011, 6th; 2012, 4th; 2013, 5th

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STEVE KUCLO



BIRTHDATE 8/15/85
HEIGHT 5'11"
WEIGHT 265 pounds
OLYMPIA HISTORY
2013, 14th

JC ***His structure is superb, he is big and wide, he has a lot of muscle on his frame,*** but he needs to be fuller, and in the past I feel he has come in flat and emphasized too much on conditioning. I think it's hurting him. He has the legs, delts, and arms, and all he needs to do is keep improving. He needs to be fuller. He does not have a lot of flaws, but he needs more pop to his muscle when he poses. When I competed, I sometimes sacrificed conditioning to come in fuller, and that's what Steve needs to do as well.

DJ He was at the Olympia last year, and he did not make top 10. I did not see any visible improvements this year, so I don't expect him to place well. ***He has the frame to pack on the mass, but he is missing the mass and fullness. H***e needs to get rounder and get that pop to his muscle that the other top Olympia contenders have. I don't think he will be a factor this year. He needs more time to fill out his frame and needs better conditioning to compete with the top six guys.

FW He had a controversial win in Brazil, but I don't expect him to place in the top six. He needs to fill out his frame more. He has yet to bring a combination of being full and being conditioned. ***I think he has the genetics to be a great bodybuilder, with a frame that can pack on so much mass, but he has yet to bring to the stage the type of physique that I want to see.***

BRANCH WARREN



BIRTHDATE 2/26/75
HEIGHT 5'7"
WEIGHT 245 pounds
OLYMPIA HISTORY 2005, 8th; 2006, 12th; 2009, 2nd; 2010, 3rd; 2012, 5th; 2013, 9th

JC Branch has the conditioning, but he does not have the separation. ***He is a shorter bodybuilder, and it is easy to get lost in a taller bodybuilder lineup.*** He won the Dallas Europa, but I think the wear and tear of heavy lifting has finally caught up to him. I competed against Branch as a teen, so he has had an unbelievable career. It seems that a lot of guys who start off with a great career tend to slide as they approach the 40-year mark—the muscle just does not seem to pop as much.

DJ I don't think he will make top six at the Olympia this year because of his structural flaws—and his body is not getting better. ***His conditioning is always spot on but I think the years of heavy training have caught up to him.*** His body does not have the fullness that he used to have. His legs, which used to be his best body part, are not what they used to be since the injury. He may prove me wrong, but I am doubtful that he will make the top six this year.

FW He has amazed me each time he has come back with injuries that would have retired any other bodybuilder. As much as I like Branch as a person, I think the younger bodybuilders in their prime are surpassing him. How much better can Branch get at the Olympia when guys such as Phil Heath, Dennis Wolf, and Ramy are hitting their prime? ***I am not going to count him out, but with his height, he is going to have an extremely difficult time cracking the top six against guys with no injuries.***

JUAN MOREL



BIRTHDATE 4/2/82
HEIGHT 5'11"
WEIGHT 230 pounds
OLYMPIA HISTORY
Rookie

JC First time at Olympia is always tough for a rookie. He can possibly be a top 10 guy because of his crazy conditioning. He still needs work on his posing and presentation. ***He has the width, but he needs to bring up his legs to be a contender.*** I don't see him placing near the top because of the wear and tear of competing so much this year.

DJ He has earned his right to be onstage at the Olympia with his victory in Toronto. He is going to have a very tough time being competitive with the top-six guys. He has already done a lot of contests this year—even if his head is in the right place, his body will be tired. You can't keep doing show after show and make progress. He is not going to have the fullness and roundness to his muscle bellies like the guys who have been rested. ***He is still young, so I predict in the next few years Juan will have better placings at the Olympia than at his rookie Olympia debut.***

FW He busted his ass to get to the Olympia stage this year with his win in Toronto, but I think he will not make top six. He needs time to fill out his frame. I am not expecting Juan to do a lot of damage, but it's going to be a great learning experience for him. He needs to bring up his legs to match his massive upper body and not try to play the size game and try to come in conditioned. **FLEX**

BILL COMSTOCK; PER BERNAL (2)

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PART 2

The Legendary 30

JOE WEIDER'S OLYMPIA FITNESS & PERFORMANCE WEEKEND 2014

BY **DAVE LEE** PHOTOGRAPHS COURTESY OF **WEIDER HEALTH & FITNESS**

Our homage to the icons who made the Mr. Olympia the greatest bodybuilding contest in the world

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Lee Haney

BORN Nov. 11, 1959 | **HEIGHT** 5'11" | **WEIGHT** 252 pounds | **MR. OLYMPIA** 1984–91

It was a no-brainer to predict that the first NPC National champ was destined for great things when, in his rookie year of 1983, he won his pro debut at the Night of Champions and placed third in the Olympia. But no one could have foreseen just how "TotaLee Awesome" 23-year-old Lee Haney would become over the next nine years. At the 1984 O, the 238-pound, 5'11" sophomore started a win streak that remains unbroken to this day.

Soon enough, the comparisons with Schwarzenegger started. After all, the Oak's record was supposed to stand for generations. But, taller and wider, with a chest, shoulders, and back leagues ahead of his contemporaries, the genetically gifted Haney removed any pretense of suspense when the big O rolled around. With the exception of 1989, when a considerably downsized and flat Haney was pushed hard by 5'5" 180-pound Lee Labrada, there was never any real doubt who would be the last man standing. Outside of his 1987 Grand Prix Germany win, Haney competed exclusively on Olympia stages post-1984, bringing his career win total to 11. One can only wonder how high that number would be had he competed more often.

Haney will not be remembered as the hardest-training or the most conditioned Mr. Olympia, but he will be remembered as possibly the most gifted next to Sergio Oliva. He continued to improve throughout his reign; some years he was fuller (1985), some years he was sharper (1986), and some years, much to the dismay of his competition, it was just a combination of the two. For his final and record-breaking eighth win, Haney tipped the scales at 252 pounds. We didn't know it then, but with his classic X-frame, beautiful shape, and overwhelming size, Haney was not only a hybrid in the mold of Oliva, but also a throwback to the classical bodybuilding ideal that the sport would come to miss.

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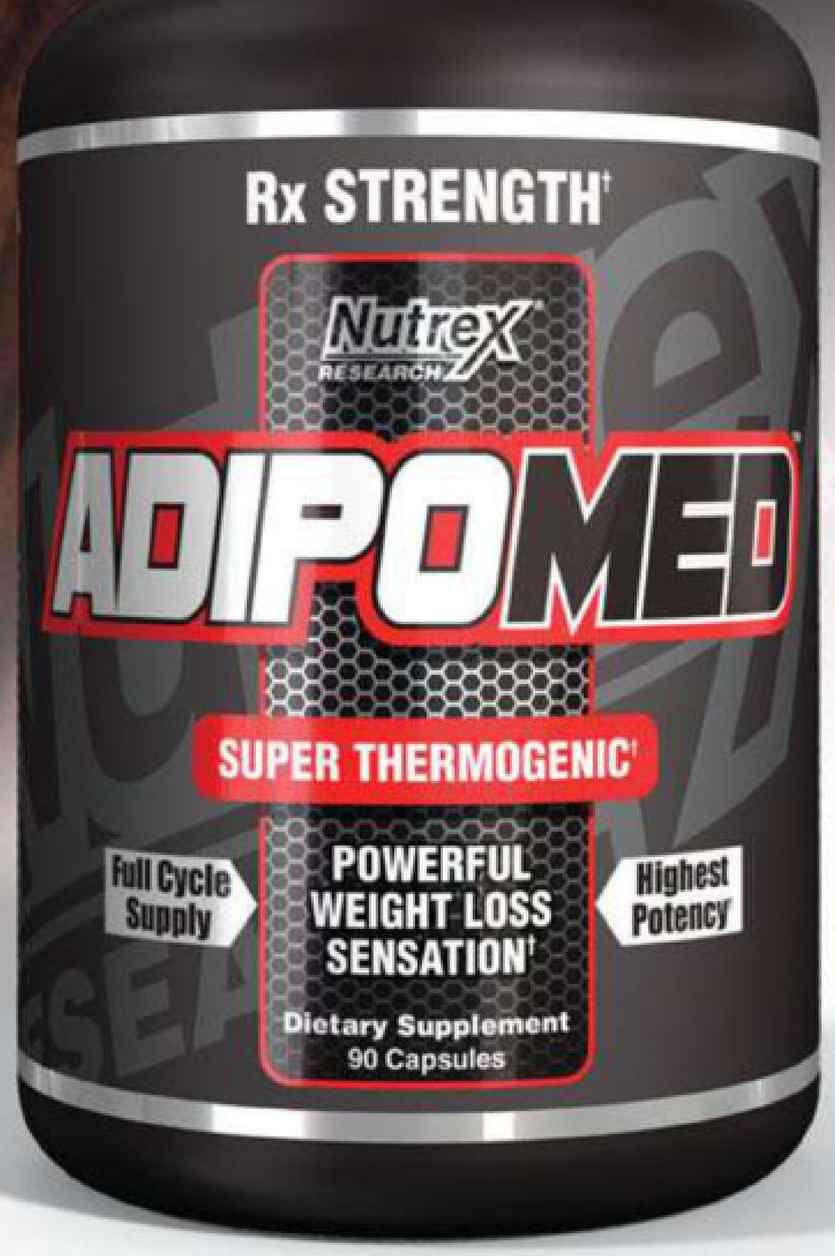
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Dorian Yates

BORN April 19, 1962 | **HEIGHT** 5'10"
WEIGHT 270 pounds | **MR. OLYMPIA** 1992–1997

A man of few words. While others talked a good game, Dorian Yates simply toiled away in his dank, dark, hole-in-the-wall gym (actually located below the city streets like a proper dungeon) in Birmingham, England. Covered up for most of the year, Yates rarely showed the world the monstrosity he was constructing underneath those baggy sweats—except for a brief few moments a couple of months out from the contest in pictures that would become legendary and ultimately psyche out the competition in the weeks before the show.

Yates didn't have the pleasing shape and symmetry of his predecessor Lee Haney, nor the charisma of Arnold Schwarzenegger, but what he did have was size, and plenty of it. Yates redefined the word *big* when he stepped onstage at the 1993 Olympia at 257 pounds, the heaviest Mr. Olympia to date, and he upped the ante even more by coming in super-dry, super-hard, and super-separated to coin a new term in the sport, *grainy*. Yates continued to grow each year, competing in the high 260s to low 270s. And that back. We thought backs couldn't get any bigger than Haney's, but we were wrong. In each of his Olympia wins, there were competitors who could stand with him in front and side poses, but any shot at an upset was lost by the fourth and fifth mandatory poses. Yates' rear double biceps and rear lat spread decimated lineups, and he was truly the first bodybuilder to win contests from the back. And thus it has remained ever since. All things being equal, a better back will win the day, and that can be traced back to the Brit.

With his no-BS attitude in the gym and his commitment to absolute muscular failure, Yates was the first blue-collar bodybuilder to sit atop the Olympia throne (one report had him back in the gym three days after the Olympia). But he suffered his share of injuries—he is the only bodybuilder to win the Mr. Olympia with two torn muscles, a left biceps and a right triceps, and there are photos of Yates training with one-arm in a sling. For the better half of the '90s, the Shadow loomed large each September to claim the Sandow, but even his body could no longer endure the superhuman strain imposed upon it by its master, and he retired after his sixth and final win in 1997.

KEVIN HORTON

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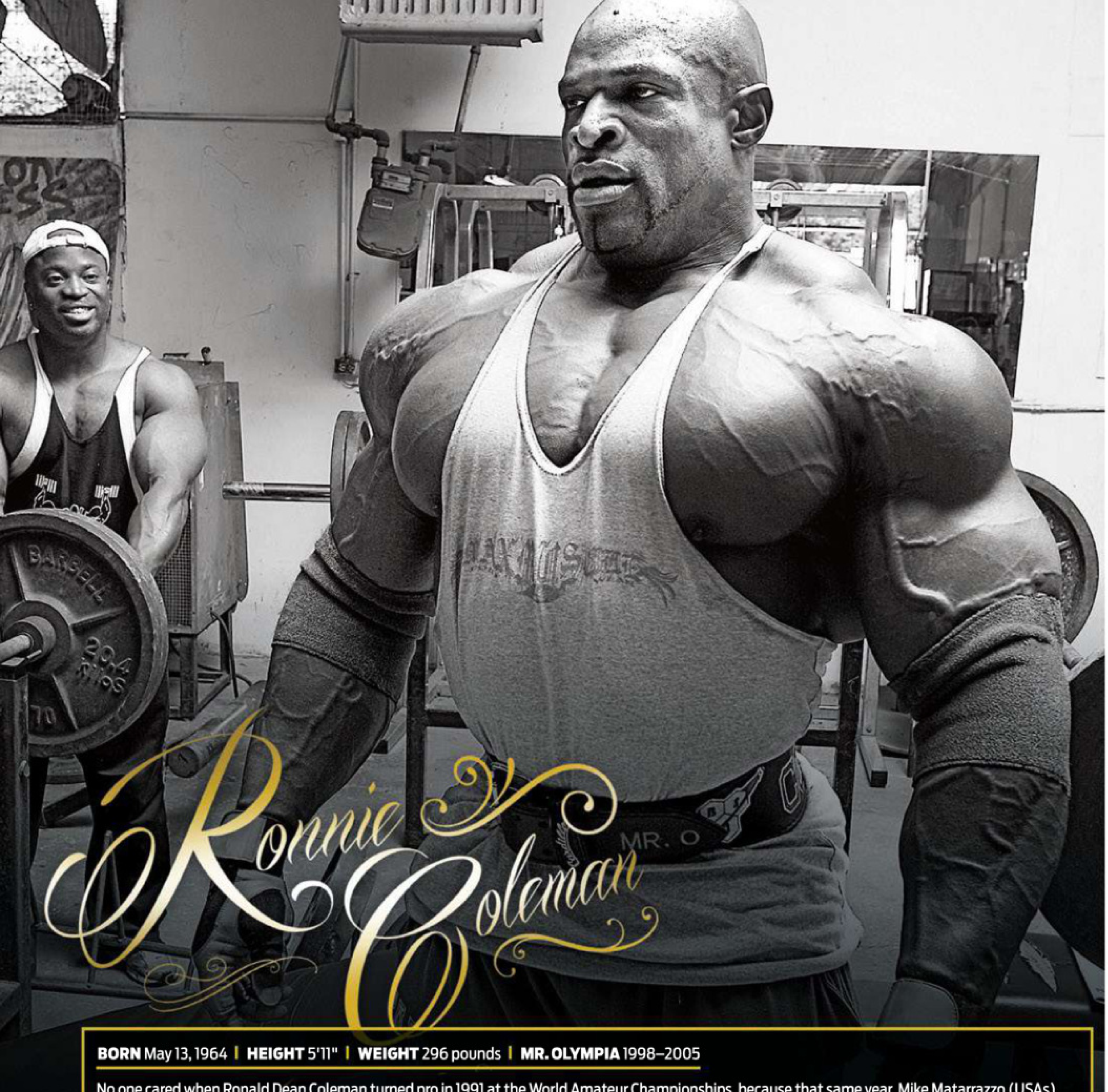
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Ronnie Coleman

BORN May 13, 1964 | **HEIGHT** 5'11" | **WEIGHT** 296 pounds | **MR. OLYMPIA** 1998–2005

No one cared when Ronald Dean Coleman turned pro in 1991 at the World Amateur Championships, because that same year, Mike Matarrazzo (USAs) and Kevin Levrone (Nationals) also turned pro, and they were pros with potential, the kind you kept your eye on. And in his rookie year of 1992, both Porter Cottrell and Levrone did far better, winning contests while Coleman failed to make the top 10 in all three contests he entered, including a DNP in his Olympia debut. Just how anonymous was early-era Coleman? There was another Ron Coleman who competed then, and more often than not, you had to clarify that you were talking about that Ron Coleman, not the one who would eventually be Mr. Olympia. It would be another three years before Coleman won anything and a year after that before he made his first Olympia posedown (sixth in 1996). He slipped back down again to ninth in '97, but in 1998, the Texas policeman upset all the favorites—Levrone, Flex Wheeler, Shawn Ray—to win the one contest nobody ever thought he'd win. Even after he won it, critics and competitors alike said he would never dominate like Yates and Haney before him. Were they ever wrong!

After two decisive wins in 1999–2000 and two close calls in 2001–02, Coleman lost the 2002 GNC Show of Strength to Günter Schlierkamp, the man who had placed fifth just two weeks before in the O. The king was beatable. Despite being a five-time Mr. Olympia, Coleman once again assumed the role of underdog heading into 2003—and that was the last time anybody would ever call him that again. His 287 pounds of shredded beef elicited three responses from the audience: silence, gasps, and laughter, quickly turning it to a contest for second, third, fourth, etc. As if that weren't enough, he rubbed it in their faces in 2004 with 10 more pounds of added muscle at 297 pounds. And in what would be his final, fall-to-his-knees Sandow moment in 2005, the king dressed for the occasion, with crown, scepter, cape, and all, for his posing routine.

As impressive as Coleman was on the Olympia stage, his ferocious workouts in the gym contributed as much to his legend as the eight Sandows decorating his house. He trained heavier than any bodybuilder before or since, and the former football player turned powerlifter resurrected the most old-school move of all-time: the deadlift. He turned a girly exercise, the walking lunge, into a staple in every serious bodybuilder's leg routine—though Coleman's version involved up to 315 pounds done outside in the gravel parking lot of Metroflex Gym in triple-digit heat. The 800-pound deadlifts and squats, bench presses, whether done with a bar-bending 500 pounds or comical 200-pound dumbbells, were punctuated with catchphrases like "light weight, baby; yeah, buddy; ain't nuthin' but a peanut!" that echoed in gyms across the country. The man who started his career in anonymity finished it as an eight-time Mr. Olympia, and when, at the conclusion of his posing routine at the 2007 Olympia he announced his retirement, the standing ovation from the crowd was a fitting thank you for the bodybuilder who will be, for many, the biggest, baddest Mr. Olympia of all-time.

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Jay Cutler

BORN Aug. 3, 1973 | **HEIGHT** 5'9" | **WEIGHT** 265 pounds

MR. OLYMPIA 2006–07, 2009–10

"Never give up." We've all heard it before, but nobody lived it quite like Jason Isaac Cutler from Worcester, MA. By now, his rise to fame is bodybuilding lore, starting with a heavyweight win at the 1996 NPC Nationals to earn his pro card, his first win in 2000 at the Night of , and of course, the contest where he made his bones, the 2001 Olympia, where he finished a controversial second to Ronnie Coleman. For three more Olympias (he skipped it in 2002) he would have to live with that placing and the special pain that comes with being only one step removed from the top. In that span, he won every other contest that Coleman wasn't in, except the 2003 GNC Show of Strength, where he was second to Dexter Jackson. Then in 2006, Coleman, whose body was starting to show the trauma of his mythical workouts, couldn't hold back the top contender any longer. The second best bodybuilder of the past five years finally toppled the king, and the roar of the Orleans Arena crowd proved that underdogs finally having their day still make the best stories.

But glory was short-lived. After a controversial title defense in 2007 to Victor Martinez, Cutler was upset by Dexter Jackson in 2008. The one thing in the whole world that he had labored so long for was gone in an instant. People said he was finished. The years of chasing Coleman had taken too much out of him. But none of those people were Jay Cutler. In 2009, he stomped onstage in his lifetime-best condition with details never before seen on his 35-year-old physique and by Saturday, Sept. 26, the former champ was once again the reigning champ and in the history books as the first Mr. Olympia to regain the Sandow the year after losing it.

He held off hard-charging Phil Heath in 2010 before succumbing to him a year later. A torn left biceps hampered his training for that show and after sitting out 2012, he was back trying to make lightning strike twice. But a downsized version could only manage sixth. Cutler is on the sideline for this Olympia, and even though there has been no official announcement, even money is that we won't be seeing him on the Olympia stage again, at least not in posing trunks—but who can say for certain? For now, Iron Jay is the loser who never quit until he became the winner, and the dethroned champ who made the turnaround of a lifetime to once again rule the bodybuilding kingdom.

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Dexter Jackson

BORN Nov. 25, 1969 | **HEIGHT** 5'6" | **WEIGHT** 235 pounds

Mr. Olympia 2008

By his own admission, Dexter Jackson was never supposed to be Mr. Olympia. But he was and he beat the second most dominant bodybuilder of the current millennium to do it. You have to go all the way back to 1983 to find the last man weighing less than 240 pounds (for the sake of argument, we'll round up Lee Haney's 238 pounds in 1984 by two) to win the O. The Blade, who started his career as a 137-pound bantamweight at the 1991 Jacksonville Championships (the contest's first bantam to win the overall) earned the right to flex on IFBB pro stages with a light-heavy and overall win at the 1998 North American Championships. For the next four years, the undersized but razor-sharp Florida native did well enough, never finishing out of the top 10—including two ninths and an eighth at the Olympia—before scoring his first win at the 2002 Grand Prix England, which was also the year he made his first O posedown via his fourth-place finish. The next four Olympias consisted of a pair of thirds and fourths (not in that order).

Jackson's 2008 will go down as one of the best years in the modern era, for not only did he win the Olympia, he also won the Arnold Classic (his third), making him, along with Ronnie Coleman, the only bodybuilders to hold both major titles in the same calendar year. Oh, and he also won three other shows, racking up his total to five. In an era of size matters, Jackson's O triumph proved that bodybuilding still rewarded stellar condition, proportion, shape, and detail. In other words, you didn't have to be a near-300-pound mass monster to be the best. Jackson held that title for a single year, a distinction he shares with Dickerson and Bannout. After falling to third in 2009, fourth in 2010, and sixth in 2011, a resharpened Blade surprised everyone by climbing back up to fourth in 2012. That year he also won the Masters Olympia, making him the only bodybuilder to hold the open and masters division titles. Jackson's edge is still as keen as ever with three contest wins last year, including his record-tying fourth Arnold Classic and a fifth in the Olympia. We'll have to wait until the Blade is done before we close the book on his competitive career, as he remains a perennial posedown favorite in any contest he enters.

PAVEL YTHJALL

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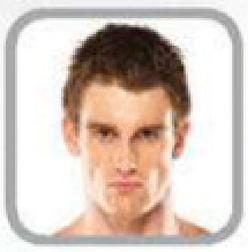
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Phil Heath



BORN Dec. 18, 1979

HEIGHT 5'9" | **WEIGHT** 250 pounds

MR. OLYMPIA 2011–13

There's an unmistakable swagger to his step. He's young and he's the champ, so if you have to face him, well, good luck. And if you're a fan who roots for the underdog, well, there's not really much you can do is there? Let's be honest, most of us like the real life Rockys of the sports world, and with a nickname like the Gift, no one can say Phil Heath ever played the role of underdog—at least in his bodybuilding career. But don't blame Phil Heath for winning. It's what he does.

Great expectations abounded when he won his pro card at the 2005 NPC USA, and he answered with wins in his first two shows the following year, the Colorado Pro and New York Pro. Comparisons with greats like Flex Wheeler and Kevin Levrone followed. So when would we see Heath test himself against the best on the Olympia stage? That moment wouldn't happen for another three years, but it was well worth the wait, as the then-28-year-old placed third in 2008. He slipped to fifth the next year, but the Gift moved up to second in 2010, and it was a sign of things to come.

The buildup to the 2011 Olympia centered on the mentor versus student relationship between the champion Cutler and challenger Heath. It was the former who discovered the latter while guest posing at the 2004 NPC Colorado State. Since that fateful meeting, Cutler continued to school Heath, albeit in an informal fashion, as that relationship has been slightly exaggerated. Still the protégé (so to speak) proved a fast learner. Fast-forward to the rematch for the Sandow. Heath took the stage first, muscles jumping to life with each move. He was big. He was conditioned. All the weaknesses detractors had said would keep him from making the jump from "good" to "great" were gone. Clavicles packed enough delt mass, medial heads in particular, for two normal-size men, and combined with flaring quads attached to a waist that belonged on a light-heavy, the Heath "X-frame" was a showstopper standing at center stage. Upper pecs threatened to swallow his chin in front poses, and his back—wider, thicker, and gnarlier than an ancient tree trunk and attached to the driest hamstrings and glutes on the stage—left no doubt as to who would be winning this contest in the critical rear poses. Heath was unstoppable, and Cutler said as much in his gracious post-contest speech onstage as he watched his good friend hoist the Sandow overhead. But Heath was just getting started.

In 2012, Heath had the supposed scare of his life when a slimmed-down and detail-infused Kai Greene took him to task. The crowd was immediately behind the contender, and the buzz around Orleans Arena suggested an upset was in the works. But interestingly enough, it wasn't all that close by the official tally—in fact, not by a long shot as Heath scored straight firsts (yes, we remain suckers for the underdog story). Last

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Phil Heath

year's outcome was the same, but unlike the previous year when one and two were compared repeatedly, Heath was sent back to the lineup after one run through the mandatories while the rest, including Greene, fought it out to sort out spots second on down. It was clear that the perceived ambiguity of 2011 had made the champ, well, mad and delivering the proverbial—and in our sport symbolic—knockout early in Round 1, there was no question who the superior bodybuilder was.

Heath knows how far ahead of the competition he is at this point, and he intends to widen that gap. For all his God-given talent, he is where he is in life because he works hard for it. He's focused on being better than his rivals, on being his best, because as a wise man once told him, his best is good enough. In the weeks following his three-peat, Heath stated his intended goal of 10 Olympias. Ten. It's a good number; everybody likes 10, it has a nice ring to it. And it's two more than the current record held by both Haney and Coleman.

At only 35 years old, the current Mr. O's story is a work in progress. As we count down the weeks, days, and hours to the 50th Mr. Olympia, we'll see if he can hit the big 10. Years from now, whatever his final Sandow tally, Heath along with the other Mr. Olympias will always be remembered as those who had their finest moments on bodybuilding's biggest stage. These 13 men did it their way to stand above all others, rising from champions to legends. **FLEX**

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BUSTED

KAI GREENE'S MUSCLE BUILDING SECRET IS OUT!

For the past 2 years, MuscleMeds research team has been feeding Kai Greene a "Secret Sauce." At first, even Kai didn't know what it was. All he was told was to take it immediately after his workouts. After only a few weeks, Kai felt it working. Finally, after one month and making some of his greatest gains, Kai had to know what was in this jar. He called MuscleMeds headquarters and said, "I love this stuff – I feel bigger, fuller and stronger already! You have to tell me what's in it." So, under confidentiality, they told Kai what it was... but no one else had access to this "Secret Sauce."

Then came the premiere of the acclaimed movie Generation Iron and the scene in Kai's kitchen where they showed Kai's muscle building arsenal – bright red MuscleMeds bottles including Carnivor beef protein, NO BULL pre-workout and Amino Decanate. But then the camera froze on an ominous dark bottle with the white label marked SECRET SAUCE. The cat was out of the bag and the bodybuilding world wanted to know what is Kai's secret supplement. The timing was perfect, as MuscleMeds had just secured high volume manufacturing capacities of the key anabolic ingredient in new SECRET SAUCE: Pharmaceutical grade BSA (Bovine Serum Albumin). MuscleMeds decided the secret is out and the time was right to release the game changer in post-workout supplementation with the world's first bioactive plasma post-workout formula of its kind – SECRET SAUCE.



Scan to watch "The Making of SECRET SAUCE" video from MuscleMeds, as first seen in *Generation Iron*!

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SECRET SAUCE IS KAI'S POST-WORKOUT RECIPE FOR SERIOUS GAINS IN MUSCLE MASS & SUPER-FAST RECOVERY!

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The secret to Kai's muscle building "sauce" is its bioactive Bovine Serum Albumin (BSA), supplied by the world's largest manufacturer of this pharmaceutical grade nutrient. BSA is an extensively researched bioactive protein derived from bovine blood plasma. Researchers have identified BSA to have multiple biological factors that help influence muscle growth. Some of the biological factors and functional properties of BSA include its bioactive peptides and growth factors, high concentrations of leucine and essential muscle building amino acids, high osmolity and its ability to enhance the uptake and transport of nutrients such as creatine, amino acids and glucose into blood plasma and speed delivery to muscle tissue.

Stimulating protein synthesis, replenishing muscle glycogen and ATP and modulating the anabolic effects of insulin are critical for optimal post-workout supplementation. Research has shown leucine to be perhaps the most anabolic and effective amino acid for activating mTOR and stimulating protein synthesis. SECRET SAUCE doubles down with both naturally occurring leucine in BSA and an additional 5 gram leucine-loaded dose of BCAAs in an anabolic 10:1:1 ratio to trigger high levels of protein synthesis. To ensure peak ATP replenishment, SECRET SAUCE utilizes MuscleMeds Power-AMP Cre3 creatine complex consisting of creatine monohydrate, Magnapower magnesium creatine chelate and creatine gluconate. Post-workout creatine uptake and ATP replenishment are enhanced by BSA's plasma transport gradient, leading to increased cell volumizing, muscle size and recovery.

The next important step to complete post-workout supplementation is to optimize the anabolic activity of insulin and replenish glycogen. SECRET SAUCE has taken insulin spiking and glycogen replenishment to an advanced level with the inclusion of the insulinotropic amino acids glycine and phenylalanine in combination with MuscleMeds proprietary iSPIKE Insulin-Release-Amplifying Reactive Carbohydrate System. These insulinotropic aminos work in tandem with the iSPIKE reactive carbohydrates and BSA plasma transport to activate a highly anabolic insulin surge and super fast muscle glycogen and ATP saturation. This dynamic trio also enhances the uptake of other key nutrients, peptides and growth factors in BSA to trigger the post-workout growth and repair of muscle tissue.

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5g BSA Bioactive Peptides & Growth Factors
5g Leucine Loaded 10:1:1 BCAAs
50g iSpike Reactive Carb System
5g Power-AMP Cre3 Creatine Complex

"I was at MuscleMeds HQ restocking my supplements for the month when the head scientist introduced a new product in an ominous big jar with a white generic label that said 'SECRET SAUCE.' I was very intrigued by the name and asked questions on what the product was and when to take it. They didn't want to reveal much information to me, because they wanted my unbiased feedback. I was told to take 1 scoop immediately after my workout and to document my progress. I have faith and trust in my team over at MuscleMeds and I knew that by them not telling me much about the product – and 'keeping it a secret' – it was going to be a big deal when it launched. And I kid you not: Within a few weeks I noticed a drastic difference in my physique. I just had to know what it was and knew then it would be a mandatory tool within my supplement regimen." – KAI GREENE, 2x Arnold Classic Champion

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MACHINE GUNS

Arnold Classic runner-up **Shawn "Flexatron" Rhoden** takes aim at building massive biceps and triceps

BY **MICHAEL BERG, N.S.C.A.-C.P.T.**

PHOTOGRAPHS BY **CHARLESLOWTHIAN.COM**



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"SOMETIMES... DREAMS ARE ALL THAT SEPARATE US FROM THE MACHINES."

So wrote Dan Simmons in his 1990 classic *The Fall of Hyperion.* That sentiment—like much in the realm of science fiction—resonates in the nonfictional universe as well.

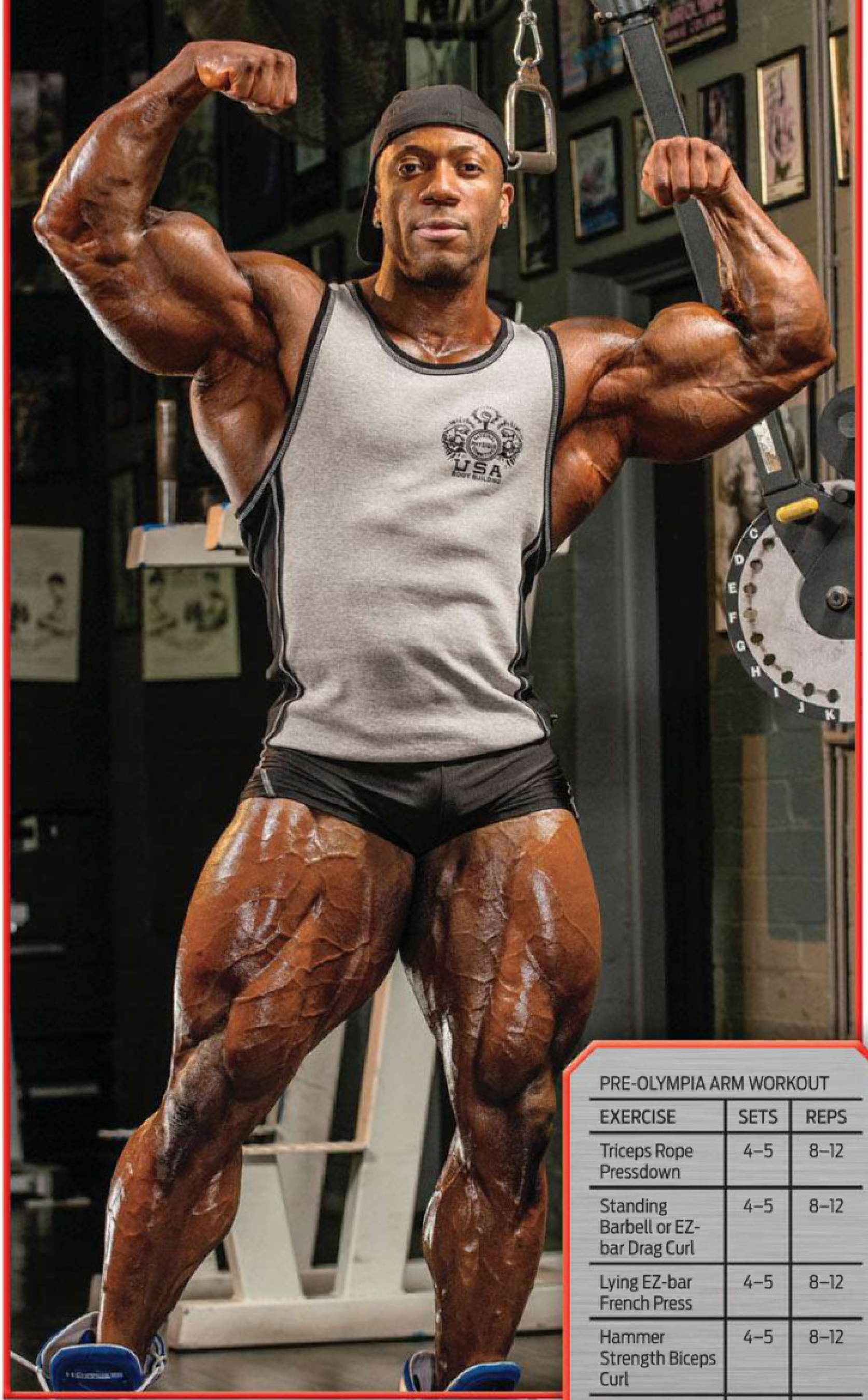
Take bodybuilding, for instance. Using complex contraptions mechanically engineered to provide resistance, we borrow the ceaseless consistency of machines as rep by rep, set by set, day by day, we methodically accomplish an immensely challenging task. But why?

Dreams, of course.

We toil until the finished product we desire emerges in the mirror before us, muscular and chiseled, born of the same deliberate principles that power our technological innovations.

Yet, as the quote implies, men are not machines. Crafted of flesh and bone, flawed and fallible, we follow a course of faith, all in pursuit of something no machine can experience: the exhilarating feeling of achieving success and turning our dreams into reality.

At least that's the code programmed into the body-builder-slash-machine we find at Gold's Gym in Venice, CA, on a seasonably warm Friday in May. Shawn "Flexatron" Rhoden, who turned in top-five performances in 12 of his first 15 pro contests, is training arms, all the while consciously aware that the end result he desires—to topple all comers and secure the Mr. Olympia hardware—hinges on his ability to pursue his dream with machinelike precision.



PRE-OLYMPIA ARM WORKOUT

EXERCISE	SETS	REPS
Triceps Rope Pressdown	4–5	8–12
Standing Barbell or EZ-bar Drag Curl	4–5	8–12
Lying EZ-bar French Press	4–5	8–12
Hammer Strength Biceps Curl	4–5	8–12
One-arm Overhead Dumbbell Extension	4–5	8–12
Cable Rope Curl	4–5	8–12
One-arm D-Handle Cable Extension	4–5	8–12
Dumbbell One-arm Preacher Curl	4–5	8–12

Note: Rhoden starts with a 10-minute fast walk on a treadmill to warm up.

LASER FOCUS

"I'm motivated for the Olympia," Rhoden says with more than a touch of understatement. Indeed, his reflective pauses and visceral reaction when asked tell more than any words could.

The 39-year-old Jamaican import recalls vividly the Arnold Classic decision that didn't go his way this past March. In Columbus, Dennis Wolf earned the victory, while Rhoden endured his close-but-not-quite second-place finish with a bitter mixture of pride, disappointment, and a resolve to leave no room for doubts next time.

Still, he says, he doesn't want to linger over it. The memory is only gas for the engine fueling his workouts. Today, after a 10-minute jog on the treadmill to break a sweat, he's carved out a spot at the cable station, slipping a rope attachment onto the upper pulley's carabiner, slipping the pin in halfway down the dulled metal stack and taking a position for pressdowns.

With his feet set shoulder-width apart and a slight bend in his knees, he grasps the rope—his pinkies against the rubber stoppers at the ends—

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and brings his elbows down to his sides so his forearms are parallel with the floor. From here, the action takes place at the elbows, going straight and then back to the parallel position, with an outward twist of the wrist at the very bottom. One, two, he pumps reps out fairly quickly, this being a warmup set, as he seeks out a steady rhythm, finally terminating the effort at 12 reps.

Over the course of four more sets, he ends up doing the full stack for 10 in the penultimate go-round, then places a 45-pound plate over the pin for the final set, getting 10 more reps before faltering. His form remains constant, the only difference being the additional perspiration beading on his brow with each successive set. "I don't always add the plate," he says afterward as he racks the 45 on a nearby tree. "But if I'm feeling strong that day, I will."

SOME ASSEMBLY REQUIRED

Next on Rhoden's agenda? Biceps, specifically EZ-bar drag curls. It's a pattern that will continue throughout the workout, trading back and forth between triceps and biceps exercises. "I've had a lot of success training arms this way," he says. "It brings a lot of blood into the upper arms, and takes advantage of the (agonist/antagonist) relationship of the bi's and tri's."

Rhoden begins with the 80-pound preloaded EZ bar at his hips, holding it with a shoulder-width grip, palms angled inward on the camber, elbows shifted back. From here, keeping the bar as close to his body as he can, he curls it all the way to chest level, then returns it along the same path. Beneath his skin, his biceps contort into a tight ball at the apex, writhing under the effort as the reps—and then sets—advance. By the time he's pumping out set No. 5, he's handling 120 pounds for 12 reps. That's not light in the realm of mere mortals, but among bodybuilders, one might be surprised it's not heavier.

"On curls, I'm concentrating more on the exercise itself and not worrying about how much weight I'm lifting," Rhoden says. "Other guys might think about that, but I have to keep reminding myself that I'm a bodybuilder, not a powerlifter. I won't get any points onstage for how much I can curl. It's all about how the exercise impacts the shape and size of the muscle. Any exercise I do, I concentrate on using the muscle and not momentum."

The next stop on the arm assembly line also involves the EZ bar, efficiently enough. Rhoden claims a flat bench near the EZ-bar rack, adjusting it so it's at a slight incline, the second pinhole up from flat. Then he grabs the 80-pound bar to start, first sitting with it on his lap, then lying back as he brings the bar to his chest and then overhead, palms on the inner grips, elbows straight and arms angled slightly back.

At this point, a cool breeze tinged with Pacific salt is flowing through the wide-open garage door nearby, surely welcome as Rhoden embarks on the first reps of skull crushers. His elbows bend, lowering the bar all the way down to within an inch of his forehead, where he powerfully engages both triceps to bring it back to the start. The only motion is at the elbow joint, and in his face as he breathes in deep on the descent and forcefully pushes air from his lungs and through his lips on the ascent.

Between sets 4 and 5, just before he prepares to hoist 120 for 12 reps, he stops to answer a question: Why does he use the inner grips versus going wider?

"The outer grip doesn't work for me because of a prior wrist injury," he says. "I cut a tendon in my forearm at a young age, so since then I've had to focus on exercises that lessen pressure on my wrists. My grip can sometimes look strange, especially when I bench—I grip narrower than most—but it's all about the feel and avoiding reaggravating that area."

BRING DOWN THE HAMMER

Now 20 minutes into the session, Rhoden locks on his next target, ambling over to a Hammer Strength biceps-curl machine just abandoned by a personal trainer and his exhausted client, a mid-40ish guy with graying hair sporting a pair of Adidas that probably last saw action in

STANDING EZ-BAR CURL

Yes, it's an arm exercise, but your core is key—keep your abs and lower back tight, so all the motion happens only at the elbows.

As you bring the weight up, your elbows should be tucked to your sides and not shifting forward.

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Dorian Yates' heyday. Rhoden quickly slides one plate on, then lowers the seat to its bottom-most position.

"Most people tend to sit for this, but I prefer to drop the seat and hover over it, which helps me sink my armpits down nice and deep and take the delts out of the movement," he explains before settling in for 12 workmanlike reps.

The key here—as in all his biceps training—is full, direct engagement of the biceps, from the very top of the muscle at the shoulder down to its insertion at the elbow. Observing him in action, you can literally see his biceps expand, filling like a balloon until nearly bursting at the peak of each rep, then slowly dissipating on the negative. Like everything in Rhoden's workout, that cadence is by design.

"You gotta picture it, the muscle doing the work," Rhoden says. "My reps are steady, not so fast that I'm just swinging the weights around."

Unlike many bodybuilders who ratchet the reps downward as the weight tallies rise from set to set, Rhoden aims for a dozen every time out. "I go for 12 reps no matter what," he says. "I may not always get there, and if I fail that's OK, but I'm always trying to get to 12. That's where having a good spotter helps, pushing you those extra reps and giving you just a little bit of assistance."

This day, however, he's uncharacteristically alone—not even his trainer, the legendary Charles Glass, is on hand to usher his mighty 280-pound protégé through his workout, as he does in the lead-up to all Rhoden's major contests. But no matter, as Glass has taught him well. Soldiering on, Rhoden is soon in front of the dumbbell rack, settling himself onto a short-back bench with a 40-pound dumbbell in one hand for overhead extensions.

Without wasting a beat, the 'bell is up in the air over-



ONE-ARM CABLE EXTENSION (D-HANDLE)
Notice how the elbow only bends to about 90 degrees, and not farther. This is to maintain tension on the triceps—as you want to keep the weight stack elevated throughout the set—and keep your upper arm in place, to avoid bringing your delts into the exercise.

At full extension, make sure you're hitting your tri's with a strong squeeze.

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head in his left arm, his elbow straight. Staring himself down in the mirror, Rhoden lowers the weight behind his head until it's nearly at his traps, then reverses powerfully, his triceps whirring to life to hoist the load. Again, like clockwork, he completes five sets, 12 reps apiece, pyramiding up to 60 pounds. Throughout, his core is tight and his torso upright, protecting his lower back from undue strain while positioning his body perfectly for the dumbbell to travel between start and finish.

"Try to bottom out," he says afterward. "A lot of guys, they'll short-rep this exercise, but you want to bend that elbow as far as you can and then drive the dumbbell out of the hole with your triceps."

GOLD STANDARD

As the lunchtime crowd finally starts to disperse, Rhoden is also nearing the end of his arm session, which, when all is said and done, will span 47 minutes today.

Three more exercises remain on the agenda, starting with rope curls from a lower pulley. He returns to the same station he used for rope pressdowns, then stands at attention with body flexed from head to toe, holding one end of the rope in each hand with arms extended in front of him. He leans ever so slightly back, countering the weight now lifted up a few inches, the stack cut in two.

From there, the biceps grind back into gear, forcefully contracting to bring the rope up toward his front delts. The range of motion is full, the motion itself pure and smooth as the cable applies constant pressure throughout each repetition—a much-vaunted benefit of cables.

Another advantage of the rope? "The hammer grip brings my forearms and brachialis into the move," Rhoden points out, which helps develop the 3-D look to the front of the upper arm and accentuates the key tie-ins between biceps and the lower arm. "I'll also sometimes use the cambered short bar attachment and take a reverse grip for this."

With—what else?—five sets complete, Rhoden remains at the cable, switching his attention to the top pulley by attaching a D-handle to it for one-arm triceps extensions.

For this, the weight drops precipitously, starting with about a fifth of the stack. But as Rhoden has already pointed out, the goal is complete control, not personal bests in the weight department. He takes the handle in his left hand first, palm up, positioning himself so that his right side is closer to the stack, and brings his forearm to a position parallel with the floor to disengage the weight from the stack.

His tri's leap into sharp relief as the reps begin. The exercise emphasizes the outer (lateral) head of the triceps, but all three heads engage in unison, as they do in most triceps exercises. You can target each individual head for extra emphasis, depending on your positioning: Moves with arms overhead target the long head because they put it in a position of stretch to begin, while moves performed with your elbows at your sides rely more on the lateral and medial heads. But all three heads are designed to work synergistically.

COUNTDOWN

For his final exercise, Rhoden selects an old preacher bench, its gray sheen scuffed from years of use and abuse. No matter, it's still up to the task as he takes a 45-pound dumbbell in hand for one-arm curls.

"You really want to concentrate and squeeze every time

ONE-ARM PREACHER DUMBBELL CURL

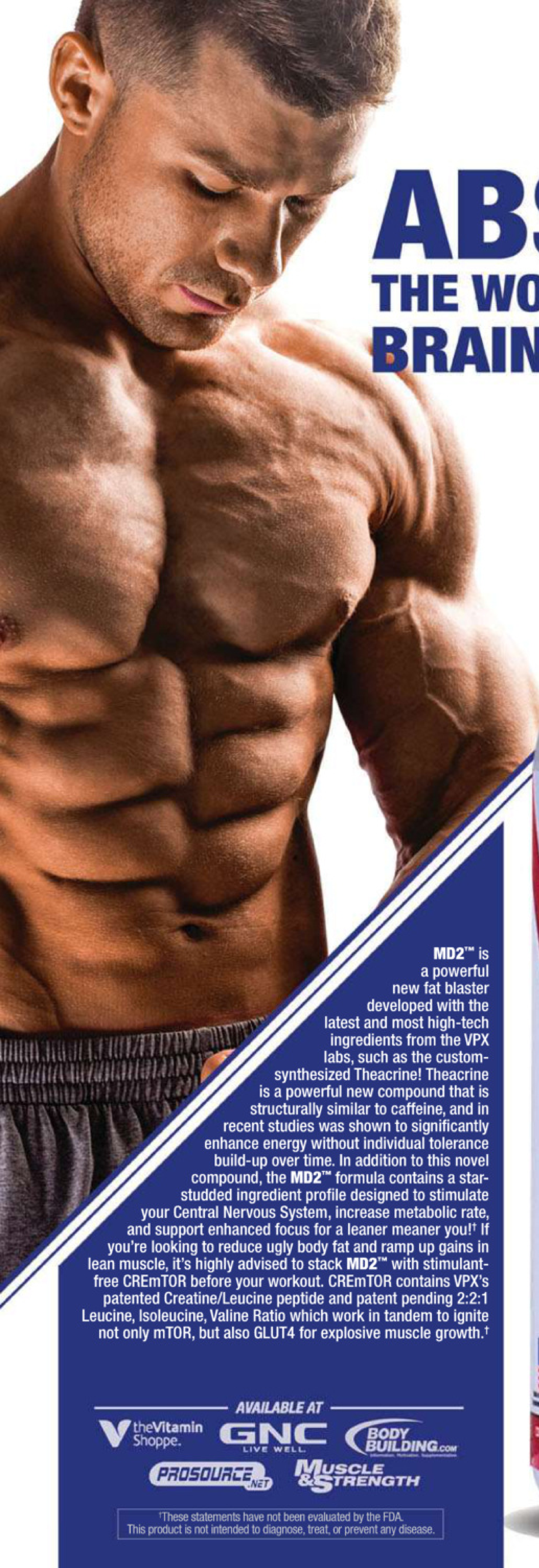
Tuck your armpit onto the bench. If you find your arm separating from the top of the bench, you're likely using additional body leverage to move the weight instead of just relying on your biceps to do the work.

You should be able to literally feel the blood filling your biceps peak at the top of the curl—visualize the muscle contracting forcefully on every rep.

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up," he explains between sets. "You can either get a ton out of preacher curls, or nothing at all, depending on how you approach them. For me, it's the last exercise of the day, and I want to get everything I can out of the workout."

This is a goal he clearly meets. By the last set, he's struggling for the final few reps, gamely pushing toward that magic number of 12. His left arm slows, then almost reverses, before he finishes with a grunt, then pulls his elbow off the pad and lets the dumbbell drop to the floor, trading it for a towel. Rhoden's spent...but far from finished, because tomorrow he'll be right back at it doing chest.

"Four more months," he says, and you know exactly what he's talking about. The Mr. Olympia looms on the horizon, and this year, he's all business.

"Last year, I started traveling in January and continued until July. Trying to juggle that with getting ready for the Olympia, I didn't end up with as much prep time as I wanted. This year, I only booked the bare minimum of appearances, pretty much wrapping those up in May."

Last year, that July-to-September spread yielded 14 quality pounds on Rhoden's frame. Now, as he says, "We'll find out what I can do with the two extra months."

As to what he's aiming to improve upon: everything. "I plan to get beat up by Charles Glass every day," he says. "It's the old-school mentality—I get that from training with Charles and working with (contest prep advisor) Chris Aceto. It's diet and heavy training first, and I'm going to take that same approach. We're out to make a statement."

With that, iron clanging all around him on this well-worn shop floor in Venice where dreams have been built for decades, Flexatron switches gears. It's time to feed the machine, to maintain his clockwork consistency on all fronts. This particular meal is two scoops of VPX Zero Carb SRO whey protein isolate, Graham Cracker flavor, mixed with water.

And then he's gone, on to rest, recalibrate, and repeat. **FLEX**



TRAINING SPLIT

DAY 1	Chest
DAY 2	Back
DAY 3	Thighs
DAY 4	Shoulders
DAY 5	Arms

Note: Rhoden works in standing and seated calf exercises every other training day. As for abs, like many pros, he admits he works them only as often as he feels he needs to.

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SNAPSHOT | SHAWN RHODEN

BIRTHDATE April 2, 1975 | **HEIGHT** 5'9□" | **WEIGHT** 260 pounds (off-season), 235 pounds (contest)
BIRTHPLACE Kingston, Jamaica | **CURRENT RESIDENCE**: Los Angeles, CA
SPONSOR Weider, VPX Sports/Redline | **MARITAL STATUS** Single
CAREER HIGHLIGHTS 2014: Arnold Classic, 2nd; Australian Grand Prix, 1st; 2013: Arnold Classic Europe, 4th; Mr. Olympia, 4th; 2012: Flex Pro, 4th; Arnold Classic, 8th; Europa Super Show, 1st; Tampa Pro, 1st; Mr. Olympia, 3rd; Arnold Classic Europe, 1st; British Grand Prix, 1st; 2011: Europa Super Show, 3rd; Mr. Olympia, 11th; 2009 North American Championships, heavyweight and overall winner (earned pro card); 2001: North American Championships, light-heavyweight, 2nd; Team Universe Championships, light-heavyweight, 2nd; 1999: Jan Tana Amateur Classic, light-heavyweight, 2nd; Team Universe, light-heavyweight, 3rd; 1997: Mid Atlantic Natural Bodybuilding Championships, light-heavyweight, 2nd; East Coast Tournament of Champions, 1st. | **WEBSITE** *shawnrhoden.com*

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THE FLEX DOCTRINE

BY **GREG MERRITT**
PHOTOGRAPHS BY **PER BERNAL**

The top 10 training tenets of Olympia 212 Showdown champ Flex Lewis

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For many toiling on a smaller stage – basement gyms all across the country – it's that glorious feeling when you are resuscitated, when you finally break through the flat line of your plateau, and hit the PR you've been struggling with for a year. The lights aren't as bright, but the feeling is just as sweet.

Yet for a few, sometimes the smallest wins are the biggest triumphs... Like just being able to hold a dumbbell in your hand. You've come a long way but you've still got a ways to go. Now that the feeling has come rushing back, never miss a day again. Train hard but smart and take care of the only body you have. Raise your fist. This is what victory feels like.



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3 IS THE MAGIC NUMBER.

Quick history lesson. From 1974–79, the Mr. Olympia featured lightweight and heavyweight divisions. Franco Columbu won the first three under-200-pound clashes, and Frank Zane took the last three. Jump ahead to 2008–11 and the Olympia 202 Showdown. After David Henry won the inaugural title, Kevin English took the next three. In 2012, the division limit was bumped up 10 pounds. This is Flex Lewis' domain. He's collected both 212 O titles, so far. And on Sept. 20, he attempts to join Columbu, Zane, and English as a three-time "lightweight Olympia" victor.

Flex is doing it his way. The Welsh Dragon and his nutritionist/trainer Neil Hill have fresh ideas about working out. From rep ranges to rest to exercise selection, the 212 champ doesn't do things the same old way, because he doesn't want to achieve the same old results. No, he's striving for the ultimate. Rep after rep, set after set, Flex Lewis is reaching for his place in history. Three is the magic number, but 10 is the number of components that make his training unique.

1 STYLES CHANGE

Before we can discuss the next nine things, we need to start by saying if you write a rule for Lewis he's likely to tear it up and write another. Change is crucial to his program. In fact, it's the very essence of Neil Hill's Y3T (Yoda Three Training) system. Y3T dictates that you cycle through three different styles of training. It works like this. The first week the focus is on compound basics for sets of 6–10 reps. Week 2 you do compound and isolation exercises for 8–12 reps. The third week is an all-out, high-rep, high-intensity barrage of supersets, dropsets, and extreme pain. Then the cycle starts again. Y3T is still the cornerstone of Lewis' training, but, at the 212 king's advanced level, he switches up when and how he attacks his muscles more than the standard Y3T protocol.



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2 NEGLECT, SUBJECT, PERFECT

The Welsh Dragon flips the script to focus less on his strengths and more on his weaknesses, all with the goal of attaining ideal proportions. His pluses and minuses have altered through the years precisely because his neglect-subject-perfect plan works. When Lewis first burst on to the bodybuilding scene in 2004, his lower half greatly exceeded his upper. What did he do? He rarely trained legs. For extended periods, he went nowhere near a calf machine or squat rack. Neglect strengths. Simultaneously, he used the extra time and energy to focus more on lagging areas like arms. Subject weaknesses. More recently, his arms have grown so much that he can curtail their training. And now after laying off legs, they need his typical all-out workouts to bring them back in balance. All of this is with the ultimate goal of perfect balance.

FLEX LEWIS' MEAL PLAN

UPON WAKING
1 scoop Syntha-6

BEFORE CARDIO
1 scoop Hyper FX
1 scoop Amino X

AFTER CARDIO
1 scoop Amino X

MEAL 1
2 whole eggs
10 egg whites
4 oz oatmeal
1 slice whole-grain toast with peanut butter
3 oz yogurt
2 oz mixed berries

MEAL 2
3 oz brown rice
8–9 oz fish
3 oz greens

MEAL 3
9–10 oz sweet potato
8 oz ground turkey
3 oz greens
2–3 oz pineapple

PRE-WORKOUT
1 scoop Hyper FX

INTRA-WORKOUT
50g BSN Proprietary Carbohydrate Formula*
1 scoop Amino X
10g L-glutamine
5g creatine

POST-WORKOUT
50g BSN Proprietary Carbohydrate Formula*
1 scoop Amino X
10g L-glutamine
5g creatine

20 MINUTES POST-WORKOUT
1 scoop Isoburn

MEAL 4
9–10 oz baked potato
8 oz steak
1 whole egg
3 oz greens

MEAL 5
5–6 oz whole-grain rice
9 oz salmon
3 oz greens

MEAL 6
2 scoops Syntha-6
1 slice whole-grain toast
100g low-fat cottage cheese
1 tbsp natural peanut butter

**NOTE: Lewis is beta-testing an advanced carbohydrate supplement he developed with the team at BSN, which is slated for release to the general public later this year.*



3 RETHINK HARDCORE

Over the years, Lewis has done a lot of hard labor in power racks. He knows deadlifts are considered hardcore while rope pushdowns are supposedly softcore. He just doesn't care. He's going to do what best stimulates his muscles. That might be rack deads or it might be a row/contraction move he creates on the fly. And he might do them both in the same workout. The Welsh Dragon's object is to push his muscles to new limits and thus force their expansion. If he does that with high-rep giant sets at a cable pushdown station then so be it. He'll take what is traditionally thought of as softcore and make it hardcore via his zest for journeying deep into the pain zone.

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4 GIANT STRIDES

Forget about working in when you see Lewis at a pushdown station. He's not pausing, and he's going to be camped there for a while. He does a warmup giant set and then three or four working giant sets at the same station: five exercises in rotation for 20 reps each with no rest between sets. A typical giant set consists of: wide-grip rope pushdowns, then narrow-grip rope pushdowns, then EZ-bar pushdowns, then one-hand pushdowns, then overhead rope triceps extensions.

"So, all told, including warmups, I'm doing either 400 or 500 reps for triceps in short order," Flex states. "Afterward, my triceps are already fully pumped, and I've spent a lot of reps targeting strong contractions to really focus on my tri's." For comparison sake, a typical triceps routine (three exercises x four sets x 10 reps) is 120 reps. After finishing off tri's with two compound exercises—Smith machine close-grip bench presses and dips—Lewis has racked up at least four times the typical tally. And he's done most of those reps in short order via giant sets.



5 TAKE THE HIGHWAY

As the preceding triceps barrage illustrates, Flex isn't afraid to crank up the rep count. He'll frequently push sets to the 20-rep mark. "The key isn't how many reps you do, the key is how hard you're working the muscle," he states. "And for me it might take 10 reps before I really start to exhaust the muscle, so that first 10 [reps in a set] is a setup for the last 10 when I really push it and keep the tension on the muscle for as long as possible. A lot of people think sets of three or four reps really heavy are harder than 15–20 reps with a lighter weight. But if you do three reps, you get in and you get out. I want to keep the set going, keep the tension on the muscle. That's the hard work that makes you grow." Lewis uses a variety of rep schemes, so he might pyramid up to a heavy set of eight reps on one exercise, then hit 20 on every set of his next exercise.

6 BE UNIQUE

The Welsh Dragon creates new exercises, new set/rep schemes, and new methods of upping intensity. To illustrate all three of these, check out his calf training. Granted, his calves have always been bulls, so he's gone long stretches without training them. Nevertheless, when he does work them, he stimulates growth with what he calls hybrid training.

"Hybrid training is basically a triset or giant set, but it involves exercises with weights and exercises with just body weight, and it incorporates lots of stretching and squeezing," he explains. "It really started with just me getting sadistic, doing a lot of deep stretches for holds and really strong contractions. You can really go medieval on your calves while just using your body weight. With the weight out of the way it lets you focus on the stretches and holds for as long as you can stand the pain. I'll go through three different rotations. I call them giant sets from hell, and if you try them you'll see why. At the end of each rotation, I stretch for a minute and then go back to the first exercise. I go through each rotation three times."

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7 PUSHERS



"They're essential," the two-time Olympia 212 Showdown champ says of training partners. "They don't have to be top-level bodybuilders, but they have to have that drive to better themselves. Usually, the guys who aren't top-level guys are more motivated to train harder to gain size. The crucial thing is they have to be dependable. They have to show up on time and be ready to go and want to push me as hard as they push themselves. I like someone in my face aggressively when I start fatiguing on the last couple of reps. I want them to get in my head and help me force a couple of extra reps out. So when I'm home, I always train with partners."

8 TURN UP THE HEAT

The theme of most items on this list can be summed up as "maximize intensity." A decade ago, Lewis trained under the king of high-intensity training, six-time Mr. Olympia Dorian Yates. "At the time, I don't think I had enough years under my belt to train that style," he says. "I do sort of dabble in HIT in the off-season now. I like to mix up my off-season training. But for me I like a little bit more volume [than HIT]. When I finish a HIT workout, I'll feel like things went too fast and I didn't have enough sets or reps." Lewis does more volume than the six-time Mr. O did, but he nevertheless adopted the take-no-prisoners approach of his fellow British legend. The Welsh Dragon endeavors to bring the heat to his every working set.

9 M-2-M

"That mind-to-muscle connection is the most important thing in my training success," Lewis states. Without it, he may have remained known mostly for his legs instead of, arguably, the most aesthetically pleasing shape in all of bodybuilding. "I've just recently learned how to really hit my chest so my front delts don't take over. Arms were the first area where I really learned how to focus on them in a way I was missing before. Before, my forearms would always take over. And then I started doing certain exercises and really squeezing, and I became less concerned with the weights. And over time I taught myself to squeeze and get connected with the muscles, and the weights obviously came back up with time."

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EXERCISE	REPS
CALF ROTATION 1	
Seated Calf Raise	30
Body-weight Calf Raise (on block)	30
Body-weight Calf Raise (on floor)	30

EXERCISE	REPS
CALF ROTATION 2	
Standing Calf Raise	15
Body-weight Calf Raise (on plate)	15
Body-weight Calf Raise (top halves)	15
One-leg Body-weight Calf Raise	15

EXERCISE	REPS
CALF ROTATION 3	
Calf Press	15–30
Body-weight Calf Raise (on plate)	15–30
Body-weight Calf Raise (on floor)	15–30

10 IN THE END

The reigning 212 champ always has a vision of how he wants to appear at his next contest. This dictates what he does in each workout. For example, he places a greater emphasis on training his spinal erectors with back extensions than most of his competitors. As a result, his Christmas tree back details are a contest-clenching strength. His next chest workout will target his upper pecs. His next lumbar workout will likely have at least one exercise that stresses his inner traps.

Lewis neglects nothing, because he knows even the smallest muscles can make the difference between first and fourth when you're going against the best 212-or-under bodybuilders in the world. When he steps onstage on Sept. 20 at the 2014 Olympia 212 Showdown, it will be the fulfillment of a vision he had over and over again during the previous 12 months and the culmination of all those workouts, cardio sessions, and meals, all those journeys through the pain zone. For him, it will be both the end and the beginning of his quest for his third 212 Olympia title and his place in history. **FLEX**

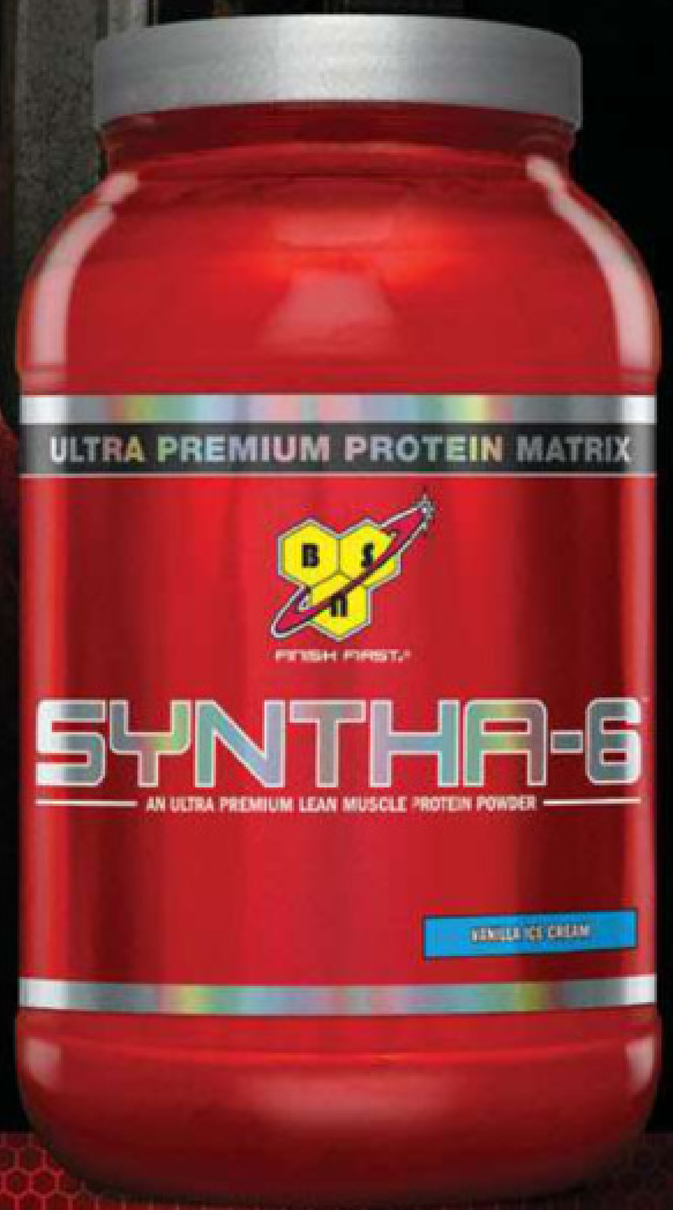
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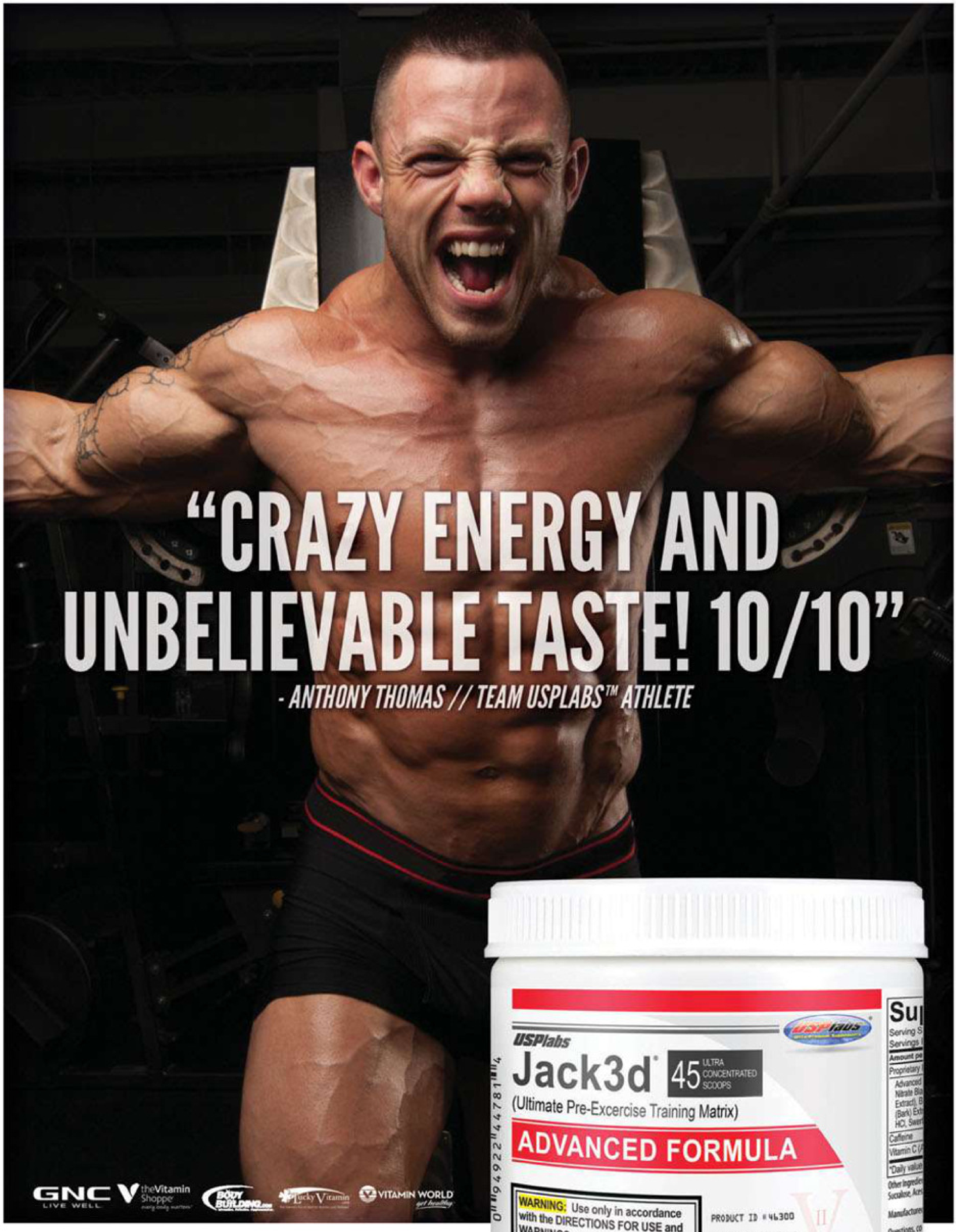
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Big Ramy's mass-building leg routine for the 2014 Olympia

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you've undoubtedly watched a video of Ronnie Coleman lunging across a parking lot in the punishing Texas heat and told yourself you'd absolutely do that as part of your leg workout if only your gym would let you take the barbell and plates outside. Although Coleman is one of his idols, you'll never see Mamdouh "Big Ramy" Elssbiay hauling weights into a parking lot in summer in temperatures above 100º. Elssbiay only trains inside a massive air-conditioned facility, but don't let that apparent comfort fool you. After his leg workout, the four-block walk home sometimes takes him 20 minutes on shaking legs. Once you read about his workout, you'll understand why.



BUILDING TEMPO

It's an age-old riddle for bodybuilders: Which exercises and how many reps of them will make you bigger? Often overlooked, however, is the tempo of those reps, as well as the overall workout duration. How quickly you lift a weight is the tempo. For most bodybuilders, the tempo is pretty even for the concentric (lifting the weight up) and eccentric (lowering it back down) portions, maybe with a short pause and a squeeze of the muscle at the top portion. For most beginners this is a good approach. Articles abound on the value of mixing up your basic routine by doing "negatives," "controlled negatives," or some variation on lowering the weight more slowly on the eccentric part of the rep than the concentric. But what if you flipped that around and instead spent more time on the concentric portion?

This philosophy was popularized in the early 1980s with the superslow resistance training movement. The theory, backed by a small scientific study, was that slowly lifting very light weight would improve your overall strength due to the higher muscle fiber recruitment that occurs during the concentric portion of the lift. Researchers used a 10-second concentric phase and five-second eccentric phase. But lifting light weights never made anyone bigger, so the 1990s saw trainers such as Charles Glass having his clients experiment with a variation of the basic concept, which was known as time under tension (TUT).

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THE **WORKOUT**

Dennis James' leg workouts are legendary. Only the naive take James up on his challenge to finish. You've successfully completed it if you don't puke in a trash can. James, who oversees Big Ramy's training and nutrition, has his own system, Menacing Time Under Tension (MTUT), which he uses for all workouts, not just legs. He intermittently throws MTUT sets into the workouts if he sees a client not making progress. "You can't do those sets every workout because the body will adapt to the technique. Use it if you're not growing or if you need to change up your routine," James says. Just one rep can take an agonizing 30–60 seconds. And James uses MTUT sets a lot more as a client gets closer to a show.

So how does this fit into Elssbiay's leg day? The unscientific answer is that it varies from week to week depending on how the body part looks and feels. James says, "You can either do slow reps for, say, a month, or you can do slow reps one week and go back to normal reps the next. Or do just one set of them per exercise. Doing MTUT is much more intense, creates more of a burn, and the chance of injury while doing it is almost zero. Even though you're going a lot lighter, it feels heavier." By "light," he means 50% of the weight you'd normally use for 6–8 reps.



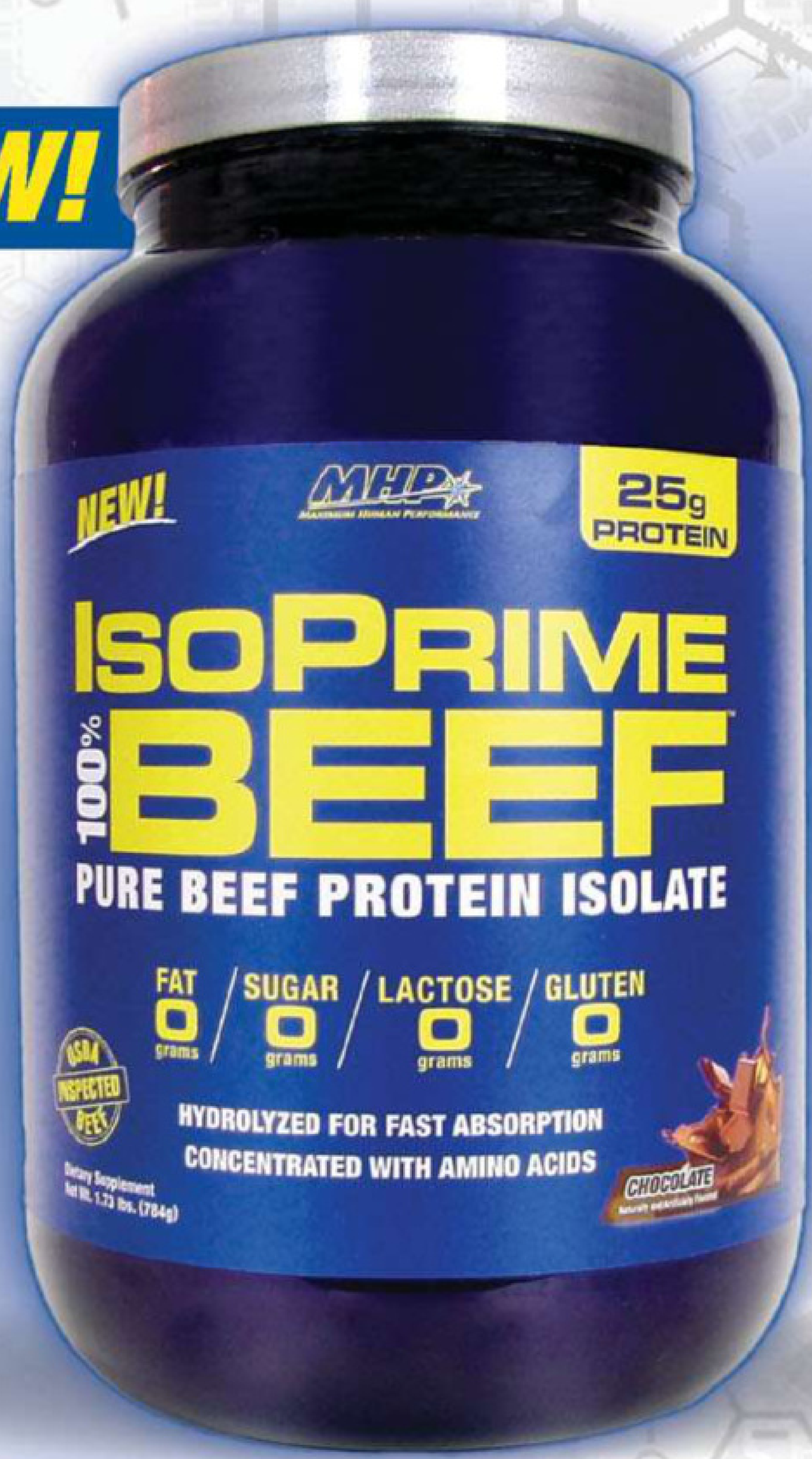
HACK **SQUAT**

Elssbiay always begins his workout with barbell squats or hack squats. The hack squat provides very little tension at the top or bottom position; the maximum resistance occurs in the middle of the range of motion. It's an excellent machine on which to test out MTUT by yourself, because the machine will catch the weight if the lift goes awry. After a few warmup sets done at a quick pace (never bouncing off the bottom—a bad habit you often see on the hack squat), he gets to work with James' MTUT. He unhooks the safety latch, squats down below parallel, pauses for three seconds on the bottom, then spends the next 30 seconds coming back up as James is yelling "Slow it down! Slow it down!" The first few reps are no problem, but by the eighth one Elssbiay is grimacing and needs help with the safety. During this particular workout, James allows him only 60 seconds of rest before the next set. He gives us a few tips as Elssbiay is lifting: "When you're coming up, focus on using the glutes and hams, lean back into the machine, and never lock your knees at the top."

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ELSSBIAY'S LEG TRAINING TIPS

- Never use more weight than you can safely handle.
- Don't ever hold your breath during time under tension.
- Thoroughly stretch after training.



LEG PRESS

Elssbiay prefers putting on his headphones and working out by himself at Oxygen Gym, and the leg press is another exercise he can safely perform without a spotter. He'll often ask a friend or gym worker to time him and make sure he completes all his reps. He throws on a few plates and does 20 reps to make sure his hips and lower back are properly warmed up. Doing TUT on the leg press puts the back at risk for compression, so you need to ensure you don't just jump right into it. Elssbiay does eight long reps, this time pushing up with a 15-second count and down on a five-second one. But just as he's about to latch the safety, James has him immediately follow those eight MTUT reps with five regular ones. Based on the look on Elssbiay's face, I ask him if that was planned or spur of the moment, but I'm pretty sure I know the answer. "We're trying to get more definition these last few weeks before the show, so you have to do anything you can to stimulate the muscle. We might do three superslow reps and 10 regular ones. I never really know until that day, which is why Elssbiay hates training with me!"

YOU HAVE TO DO ANYTHING YOU CAN TO STIMULATE THE MUSCLE. WE MIGHT DO THREE SUPER-SLOW REPS AND 10 REGULAR ONES.

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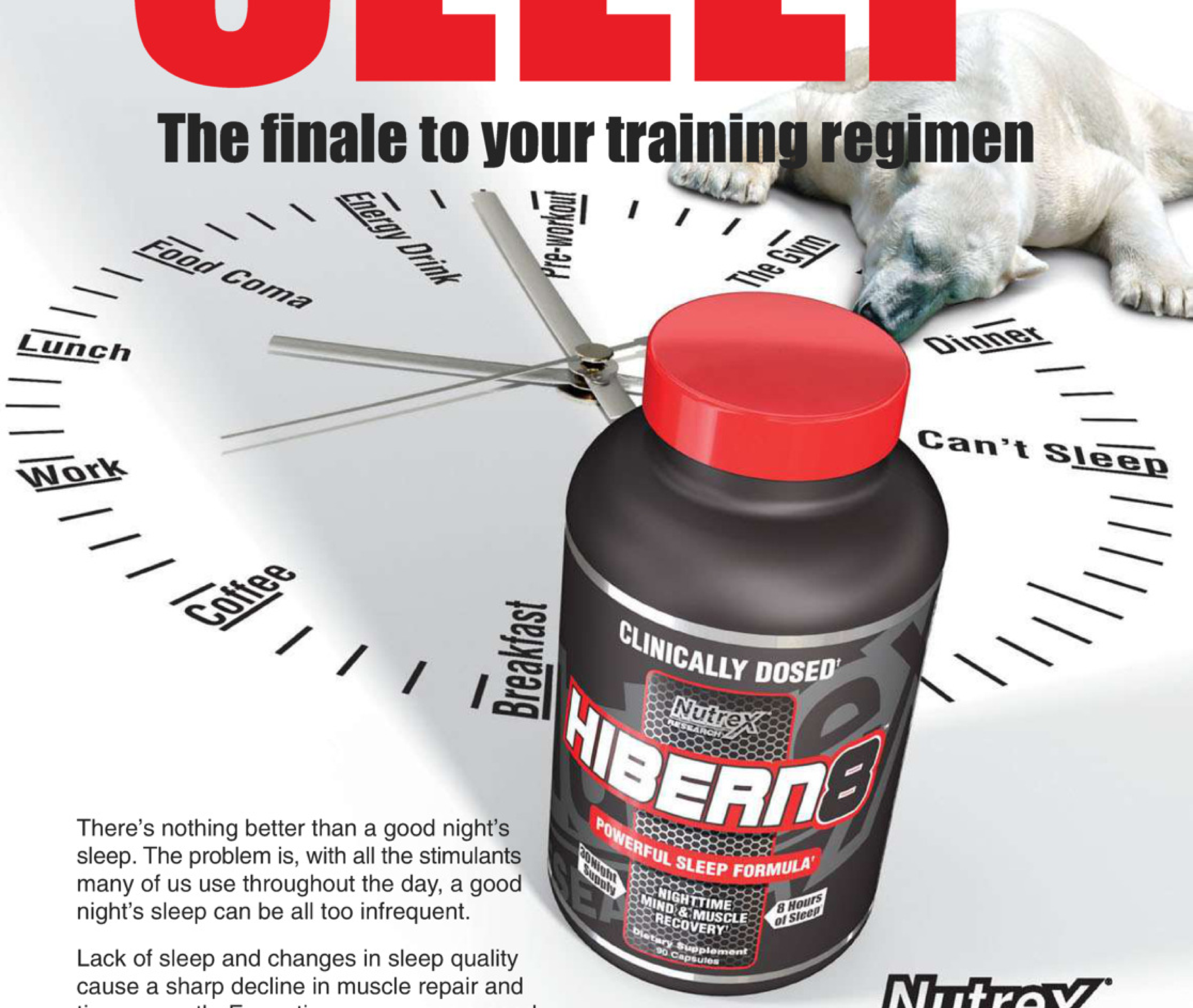
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LEG EXTENSION

If you're lucky enough to have a few varieties of the leg extension machine at your gym, pick one that you'll be very comfortable in for several minutes, because that's how long a set of 10 reps can take. If you're an intermediate or experienced lifter, you've probably done time under tension for the eccentric portion of the movement at some point, lowering the weight down slowly. Try doing it the other way—lifting up slowly for up to 40 seconds then pausing at the top for a full three seconds. If you can do this for more than one set, you're doing better than Elssbiay, who do only one set this way before finishing the other two sets with a regular tempo and a three-second hold at the top.

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ELSSBIAY'S **LEG WORKOUT**

EXERCISE	SETS	REPS
Squat or Hack Squat	3 (warmup) 3	20 6–8 *(20–30 sec. pushing up, 5 sec. down)*
Leg Press	1 2	20 8 *(30–40 sec. pushing up, 5 sec. down)*
Leg Extension	3	10–15 *(3-sec. pause at the top)*
Lying Leg Curl	3–4	8 *(20–30 sec. curling up, 5 sec. down)*
Single Leg Curl	3	10

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LYING LEG **CURL**

With his quads on fire, Elssbiay begins the hamstring exercises. The lying leg curl is another machine for which MTUT is well suited because it directly works the hamstring more than any other exercise. It helps to have a spotter to help push up the last few reps, but it's not totally necessary. In preparation for curling the weight up with a 20-second count, Ramy often changes the flexion of his foot. One set he'll keep the foot flexed toward the glutes, the next set he'll point his toes. He lets me in on a secret that he says he wish he knew as an amateur, which is that pointing the toe actually puts more direct emphasis on the hamstring. I asked him why and he explains, "When you flex your foot, your calf helps with the movement. When you point your toes you just use the hamstring."



SINGLE LEG CURL

Because his hamstrings are strong, Elssbiay prefers to add an isolation movement in the form of single leg curls. Doing them individually ensures that one hamstring doesn't overpower the other. Often if one side is stronger it will overcompensate for the weaker leg. Similar to the lying leg curl, he will focus on foot flexion. On this exercise, however, he flexes the foot as he curls up the weight, and points it on the way down, taking the calf out of the movement. By this time, James has relented and allowed him to do three straight sets of 10 reps with each leg using strict form.

Every workout always concludes with 15 minutes of static stretching, which Elssbiay believes is one of the secrets to his quick muscle growth over the past four years. Since the fascia—the tissues that surround the muscles—are very tough, Elssbiay holds his stretches for at least a minute to get deep into both the muscle and fascia. The muscle is already full of blood from his training, so stretching the fascia simply helps the muscles expand. After another 15 minutes sitting on the couch just catching his breath, he finally hobbles back the few blocks to his apartment into the air conditioning and collapses onto his couch with his two daughters. And, you guessed it, he pops in a Ronnie Coleman DVD as he mentally prepares for the next day's workout. **FLEX**

ELSSBIAY'S TRAINING SPLIT

SUNDAY	Legs
MONDAY	Chest/Abs
TUESDAY	OFF
WEDNESDAY	Back
THURSDAY	Biceps /Triceps
FRIDAY	OFF
SATURDAY	Shoulders/Abs

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DON'T SLEEP ON THE GIANT KILLER

David Henry wants bodybuilding to know he hasn't gone—and isn't going—anywhere

BY **TONY MONCHINSKI**
PHOTOGRAPHS BY **CHARLESLOWTHIAN.COM**



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David Henry is the Muhammad Ali of bodybuilding.

Which means he's outspoken, never one to pull his punches. Henry tells it the way he sees it. And his physique has been backing up his words for over a decade on the pro stage. He turned pro in 2002 when he won the middleweight class at the Nationals. He held his own in the IFBB open division—placing 2nd at the 2006 Ironman Pro, winning the 2005 Olympia Wildcard Showdown—well before there was a 212- or 202-and-under division. With the advent of that class, Henry won the first Olympia 202-and-under contest in 2008. Add to this, throughout his entire bodybuilding career, he's has served his country in the armed forces.

Like Ali in his heyday, if David Henry has something on his mind, David Henry is going to let you know. He doesn't like losing to Flex Lewis, doesn't feel the guy deserves to beat him. He's the only guy we should be talking about when we invoke the nickname the Giant Killer. So, does that make Henry arrogant or supremely confident? Is he brash, or does he simply tell it like it is? You read. You decide. And while you do, David Henry is going to keep talking, keep competing, and keep kicking ass onstage.

THAT "BULLS**T LEG THING"

FLEX: Right after you competed in the Arnold Classic's first-ever 212-and-under division this past March, you competed in the Australian Pro, which was an open contest [Henry placed 7th]. Are you going to continue to compete in open contests?
DAVID HENRY: No, I'm not. This was a one-time shot because they [the promoters] didn't have the funding to put on a 212 contest. So we can kill those rumors right there.

But in the past you've held your own in the open...
Yeah, but at this stage of my life and bodybuilding career, I'm more about trying to win titles than place in the top 5. That s**t doesn't cut it!

Nobody trains for second place. How do you feel when you don't win, like at this past Arnold Classic or Olympia?
Look, let's take Flex Lewis [Henry placed second to Lewis at both shows]. He's a good guy, there's no doubt about that. But I get pissed every time I lose to him. We're all on that stage trying to beat one another, trying to be the best in the world. Flex Lewis, Guy Cisternino, Jose Raymond—they're all good dudes; I hang around and talk to them backstage at the shows. But each one of us wants that first place nod. All we can do is hold our own and wait to see how the judges see it. Now with me, they keep bringing up this bulls**t "leg thing," and that pisses me off more than anything, because you know what? You can only do so much with genetics. I get that. But, OK, then tell me, how did I end up winning the first 202 Olympia Showdown [in 2005] if my leg development was such a big question? Flex Lewis has always had big legs. I've beaten him when he's had big legs. So what's the difference now? Maybe because I stay off the radar, people tend to forget I have one of those glass Sandows in my house. So, no, when you're used to winning things, taking second place doesn't sit too well.

CAN'T TOUCH THIS: THE GIANT KILLER

FLEX: Is there a particular victory you'll look back on as an old man that will make you especially happy?
DH: Yeah, that 2005 Olympia Wild Card Showdown. That's where Bob Cicherillo and Dan Solomon christened me the Giant Killer. I won the Show-

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down Friday night, qualifying for the Olympia, and stepped on the Olympia stage Saturday at 187 pounds. Yes, 187 pounds! [Henry was 203 at the 2014 Arnold Classic.] And I smoked dudes who outweighed me [including Markus Rühl, Alexander Federov, and Ronnie Rockel—Henry placed 14th in the open]. Look, I get it: Danny Padilla was the original Giant Killer. But there's guys using the name now, guys currently competing who haven't done what I've done. Know what? Use your own moniker. Stop ripping off the one I earned and you don't deserve.

BETWEEN DOGGCRAPP AND FORTITUDE

FLEX: Have you moved away from Dante Trudel's Doggcrapp training?
DH: I haven't abandoned DC training. The training [DC training is marked by the use of progressively heavier weights, low volume, and training body parts multiple times a week] lent itself to a revision, if you will. Dr. Scott Stevenson took that existing training concept and turned it into something of his own [i.e., strength and fortitude training]. He took it, acted as his own guinea pig for several months, and found it worked extremely well. Then he recruited me for its beta testing stage and I used it, to amazing results. Scott moved away to Florida before I got a chance to get the "revised" edition of Fortitude training. You can't tell someone the training on paper and expect it to work; to read it is like reading another language you've never encountered before. He's going to have to put out a video diary or something to explain this to people.

Whether it's DC or Fortitude, your workouts are marked by heavy weights and high intensity. Have you managed to remain injury free?
I'm 39. I'm getting older. I occasionally have elbow issues, creaky shoulders, but I'm glad I'm not broken. And I'm just glad that with the amount of weight that I use, the frequency of the workouts, and the hundreds of diets I've done, that I'm not in worse shape than I am. I can still get on the floor and play with my 1-year-old daughter Brynna.

You're famous—or infamous—for not doing cardio and not missing out on an off-season meal.
Again, at my age, there's no need for me to put on 40 pounds in the off-season. Sure, I feel better at a heavier weight, but not that heavy! I remember when I was pushing 235 pounds—it was a pain in the ass to tie my shoes. I'd hold my breath, go down, do a couple of laces, come up for air, go back down. It was a pain in the butt. Now I have Brynna, who requires a lot of energy, and I don't want to be the old man who can't get up and play with his kid. I don't need to blow up in the off-season.

You told me once you ate 90% clean during the week in the off-season.
In the past I've called it the 90-10, but then some idiot out there wanted to micro-analyze it. I'm like, if you're overthinking it, maybe this isn't for you. It's not rocket science; I'm not a dietitian. Off-season, from Monday to Friday afternoon. I eat clean: it's steak, lean chicken, ground turkey, mixed vegetables, carbs only after training. But from Friday afternoon to Sunday night, if my family wants to go out to eat and I see something—even a rich, fat-laden meal on the menu—I'm going to enjoy it. I'm not going to deprive myself. It breaks the monotony and keeps you from going insane. I also feel, eating like that, my body responds better when it comes time to diet. There are guys who eat clean year-round, and then when it's time for their contest diet, they wonder why their body doesn't change.

MAYBE BECAUSE I STAY OFF THE RADAR, PEOPLE TEND TO FORGET I HAVE ONE OF THOSE GLASS SANDOWS IN MY HOUSE.



FAMILY, CROTCH ROCKETS, AND THE AIR FORCE

FLEX: Are you still into motorcycles?
DH: I've still got my Yamaha R6. By the time this magazine hits newsstands, though, I'll be retired from the military and will have sold my bike. We're moving to Massachusetts.

Has it been 20 years already?
DH: Yep. I'm a Master Sergeant in the Air Force. I've been deployed to South Korea twice, the desert twice—I can't give specifics. I'm lucky because I've been stateside my entire career; I haven't been stationed overseas. My field is weapons maintenance. I supervise individuals who do the maintenance on the aircraft.

You disappeared from bodybuilding stages a few years back when you were deployed. Does something like that—missing out on competing when you're at the top of your game—mess with your head?
DH: No. Duty first when it comes to that kind of stuff. I was lucky because I'd managed to avoid being out of the country. What happened, up until 2011, was that others had volunteered ahead of me to go. Then in 2011, I was what we called "the least broke" in the military, meaning I didn't have family issues, I wasn't injured—so tag, you're it! And I was like, s**t! Because then you have to go home and tell your wife and family that you're leaving.



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DON'T SLEEP ON THE GIANT KILLER

People always think the worst: You're going to a war zone; anything can happen. And yeah, those possibilities do exist. But this is a volunteer military. We all raised our hands to do what we do. You can't volunteer, come to the military, and then say you don't want to go somewhere they need you. If that's your game, then you should have stayed the hell out. When I'm old and done with bodybuilding, I will have my military pay and all my medical benefits from the VA. That is a blessing that no other competitor who competes at this level in this sport can say.

Why the move to Massachusetts?
DH: My wife Nicki's family is out there. We're in Arizona now, and I'm from Texas, but I'm not close to my family. We can't stay on base when I am retired. I need to thank Nicki too. Military spouses don't get enough credit. She was the one taking care of the family and household and holding it down when I was overseas. I'd also like to thank my sponsor, 4 Dimension Nutrition.

LIKE BOOTIES ON THE BACK OF MY ARMS

FLEX: What if I said that David Henry and Johnnie Jackson are similar in that each has monstrous, round upper bodies, great conditioning in contests and both are incredibly strong, but each is held back onstage by legs that lack dramatic sweep? Would that be a fair comparison?
DH: That's fine. We're given what we're given. With both of us, our upper bodies respond faster than the lower half. The only way for us to try and even that out is to not train upper body any more. Me, for instance, I don't train triceps directly. My triceps are huge. They look like two booties on the back of my arms! [*laughs*] They only get hit when I do chest movements. People are amazed when I tell them that. The greatest changes to my physique have been the muscularity of my legs and my shoulder roundness, and I chalk a lot of that up to Fortitude training.

At the beginning of the interview you said you would never compete in an open contest again. Next year you'll be qualified to compete in masters level shows. Would you?
DH: Oh yeah, man, that would be fun. I think I can hold my own in a Masters Mr. Olympia. You know, I've made all my bodybuilding goals. I only wanted six titles in my career; I've got nine. I'll be back competing at the Olympia as a fully retired Air Force vet in September. Guys are still chasing after me, because if they can say they knocked David Henry off in a contest, that's a feather in their cap. And I'm not going to let that happen. **FLEX**



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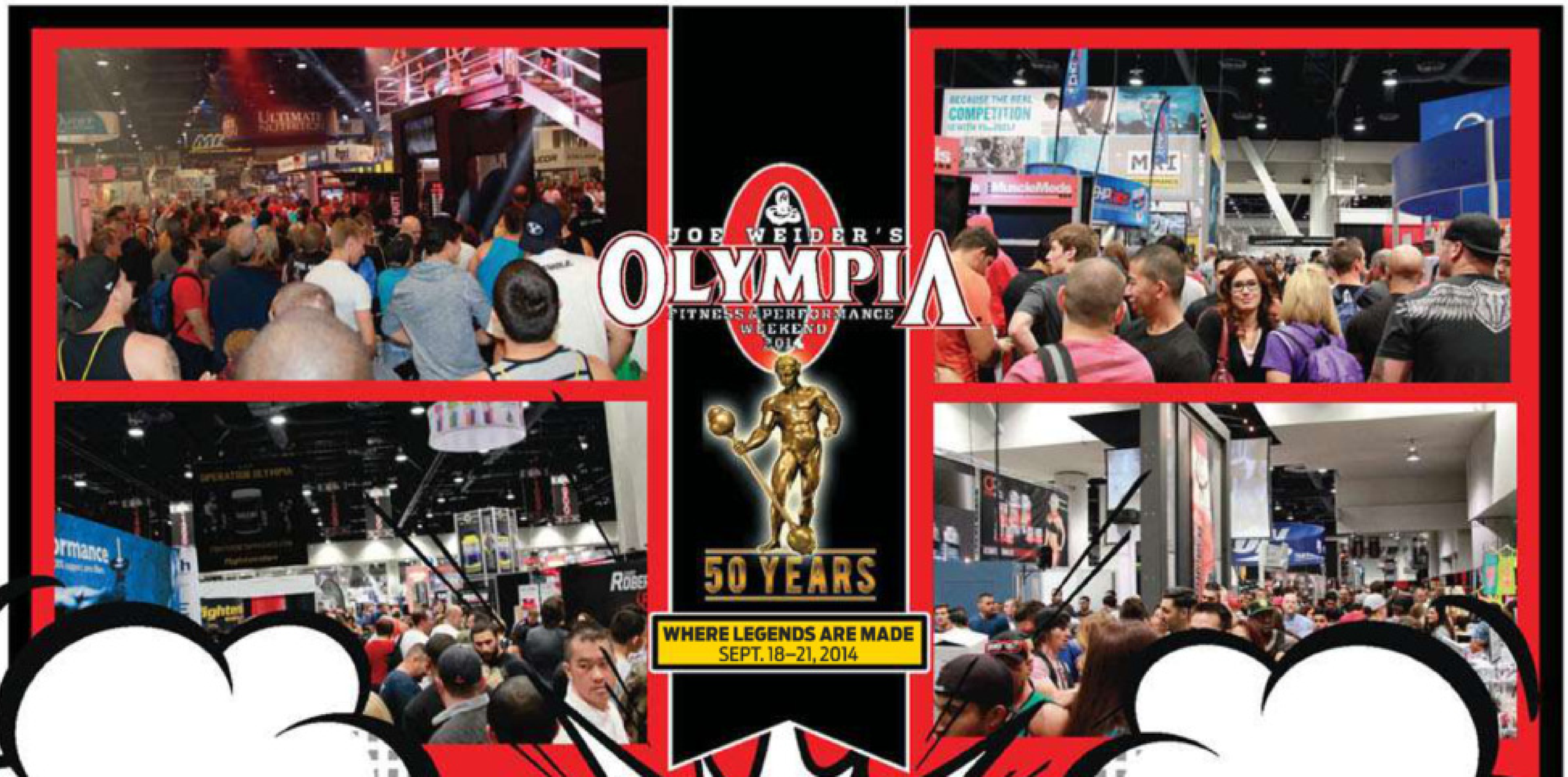
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BY TEAM FLEX

2014 OLYMPIA EXPO

What to expect at bodybuilding's biggest bash

Last year's Olympia Expo was, in a word, awesome! It was a sea of people enjoying the two-day event that has become the meeting ground for bodybuilding and fitness fans. With industry superstars, hot booth babes, thrilling events, and, of course, the most cutting-edge fitness and sports supplements and nutrition, the Olympia Expo has it all. Here's a rundown of all the fireworks, plus a special preview of three new events! Download the Olympia app at *mrolympia.com* to stay on top of everything.

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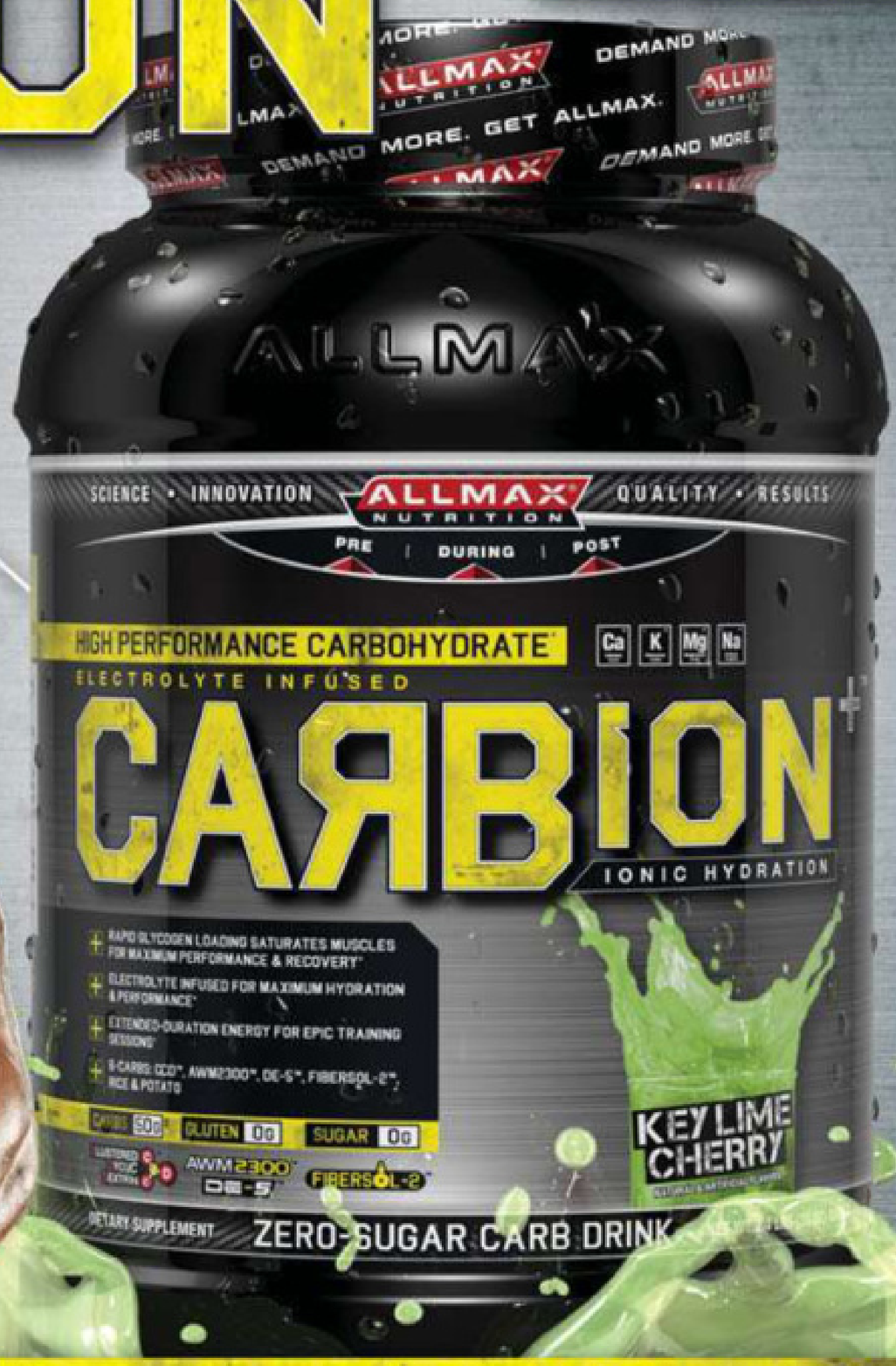
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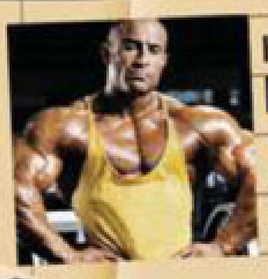
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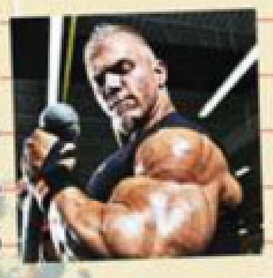
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Assembled from local gymnasiums and training centers across the country, America's hungriest amateur boxers will fight for their place in history. Bout after bout will showcase the best that America has to offer.

KARATE
USA Karate comes to the Olympia for the first time! From the beginners to world-class competitors, this event promises to present the highest level of karate competition for everyone to enjoy. As the U.S. Olympic Committee's official governing body for the sport of Karate, USA Karate features present and future superstars in action.

KICKBOXING
If you're looking for some literal kick-butt competition, look no further! This event will feature a full range of full-contact kicks and punches. KICK International is presenting this sanctioned event, a USA National Championship featuring some of the best athletes in the kickboxing world.

POINT MMA AND KUNG FU
Open to all styles! The tournament is available for kids, teens, and adults, both male and female! Point MMA brings a new style of MMA to Sport Karate in a controlled manner. The program and divisions are designed for competitors young and old, men and women, to compete as complete martial artists. Register now for Point MMA and Kung Fu at Olympia Combative Sports Festival 2014!

SAMBO
Olympia Sambo is a Soviet-era combat martial art. The word *Sambo* is an acronym for SAMozashchita Bez Oruzhiya, which literally translates as "self-defense without weapons." Sambo's development began in the early 1900s by the Soviet Army. Intended to be a merger of the most effective techniques of other martial arts, Sambo has roots in Judo, international styles of wrestling, plus traditional folk styles of wrestling such as: Armenian Kokh, Georgian Chidaoba, Romanian Trînt , Tatar Körä , Uzbek Kurash, Mongolian Khapsagay and Azerbaijani Gulesh.

TAEKWONDO
Originating in Korea, the Olympic sport of taekwondo has grown to become one of the most popular forms of martial arts in the world. This year, the Olympia will host a high-kicking spectacle, as some of the most accomplished taekwondo athletes assemble for this event.

WRESTLING
Perhaps nothing exhibits the spirit of combative sports more than wrestling. With USA Wrestling assembling some of the best wrestlers in the nation at the Olympia this year, look for the competition to be fierce. As one of the most basic forms of combative sports known to man, this brand of wrestling offers a competition that is up close and personal as athletes face off with technique, strategy, and brute strength to gain advantage.

MMA/KUNGFU: TEAM TOKEY HILL; KARATE: GETTY IMAGES; ARM WRESTLING: SAMUEL WILSON; BORN READY FILMS

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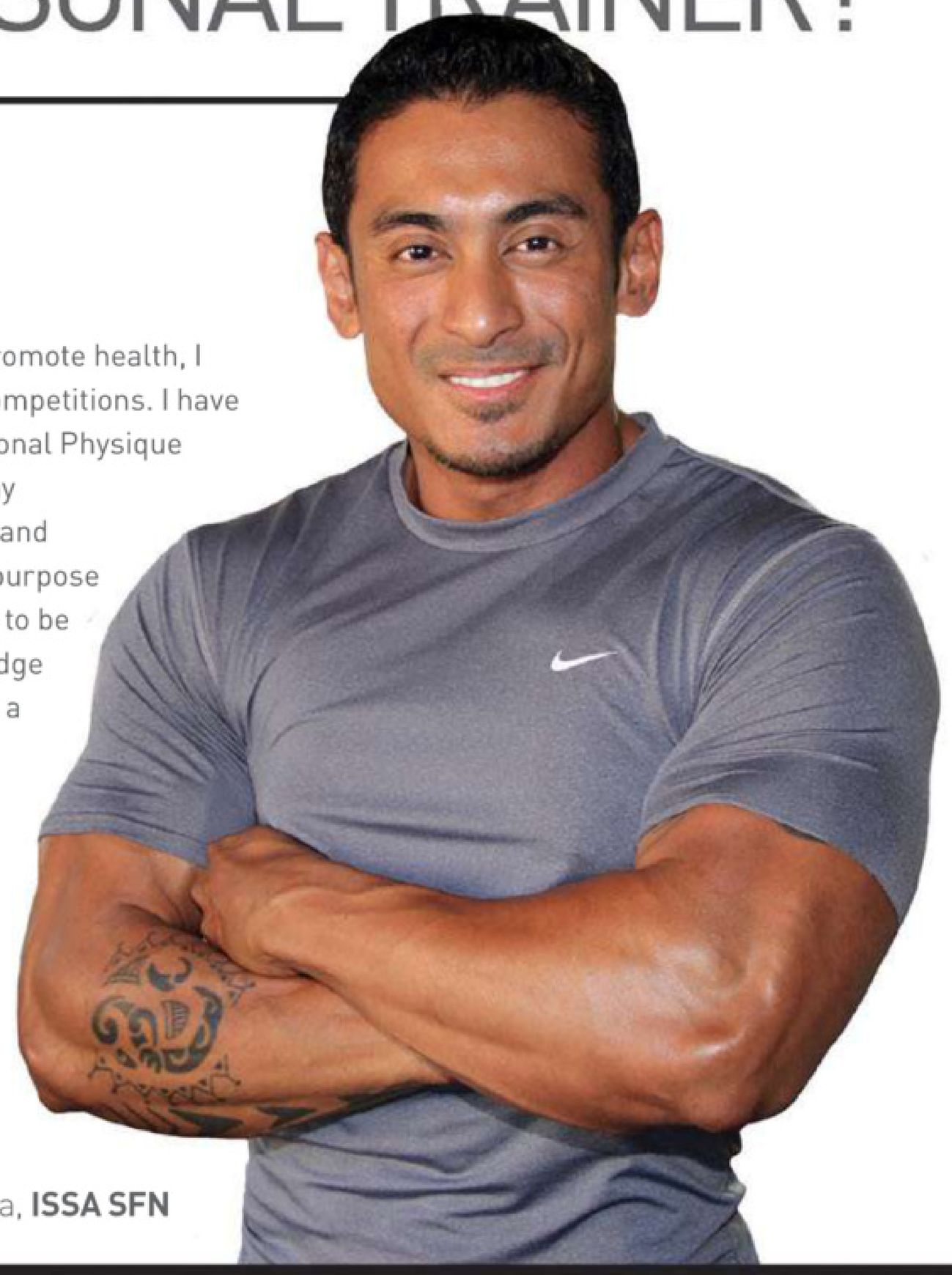
International Sports Sciences Association

MEET ERIK

He's a perfect example of why we do what we do.

"As a registered respiratory therapist, who lives to promote health, I also discovered another passion...men's physique competitions. I have competed in several fitness competitions in the National Physique Committee (NPC). I was frequently asked to share my healthy way of life, nutrition plan, workout regimen, and supplementation. I realized my true calling and the purpose of having a second chance in life. That of course was to be a positive influence on others. To solidify my knowledge of health and fitness, I completed my certification as a Specialist in Fitness Nutrition from ISSA.

I started reaching out via social media as an online fitness coach. I believed through the use of technology I can spread education about living a healthy lifestyle and fight obesity across the world."



Erik Mara, **ISSA SFN**

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OLYMPIA STRONGMAN CHALLENGE





The 2014 Olympia Strongman Challenge will present a different set of athletes. To celebrate the 50th Joe Weider's Olympia Fitness & Performance Weekend, American Strongman will bring the America's Strongest Woman event along with the 105kg class America's Strongest Man. Strongman fans will get to witness the strongest women in America compete over the course of two days for the title America's Strongest Woman. Who will be the first woman crowned America's Strongest Woman at the Olympia 2014, and will Kristen Rhodes go on to clinch her seventh consecutive national title? The American Strongman Corporation continuously turns out top World's Strongest Man competitors year after year, and 2014 will be no different. The 105kg men will battle it out in what has been referred to as the ultimate contest of athleticism and strength. The top competitors in this field will be selected to go on to compete for the title of China's Strongest Man 2014. This year will also be the largest strongman event at the Olympia—with more than 50 athletes competing!



OLYMPIA RHINO CROSSFIT CHAMPIONSHIPS

Warning: The following is for extreme athletes only. Combine CrossFit with the Rhino Obstacle Course to come up with 16 tests of strength, speed, athletic prowess, and stamina, throw in the most hardcore fitness athletes in the world, and you have the Olympia Rhino CrossFit Championships. You'll need king-size stones and the heart of a champion to run the gantlet and win the $5,000 first-place prize.



FLEX BIKINI MODEL SEARCH

Ahhh, the bikini contest. This time-honored tradition of summer is one of the most popular events of the Olympia Expo (gee, wonder why?) and this year's contest marks the ninth year in a row when lots and lots of lovely ladies flaunt their best assets to turn heads and get pulses pounding. The winner receives a cool $2,000, two VIP tickets to the 2015 Olympia Weekend, and gets to present awards at this year's Mr. Olympia finals (ladies, bring your sexiest dresses).

NEW EVENTS!

BATTLE OF THE BARS

This event is created by the World Calisthenics Organization, the world's leading promoter of professional calisthenics competitions—bar none! WCO is the first of its kind to create matched one-on-one battles with weight classes, a rounds system, 10-point must scoring, and standardized judging criteria with three neutral judges. And now for the first time ever, the WCO will bring Battle of the Bars 5 "Proving Grounds " to the Mr. Olympia Expo Friday, Sept. 19. This is a can't-miss event, with six matched battles, pitting the best calisthenics athletes on the planet against one another to see who will walk away with the weight-class interim title belt! Guaranteed to be one of the most epic events in calisthenics history!

Competition on Saturday will feature elite athletes from around the globe vying for the title of Battle of the Bars Open Tournament champion. With no weight classes and a three-round single elimination system, this is a "best man wins" event. The champion is guaranteed a spot in the WCO Battle of the Bars 1-on-1 Competition! The stage is set to ignite the crowd at the Mr. Olympia with the most incredibly talented athletes on the planet!

RISTO SPORTS OLYMPIA CUP

Risto Sports and AlaskaFit Productions are excited to announce AlaskaFit Productions presents the Risto Sports Olympia Cup. This is the first-ever Olympic weightlifting event to be featured at the Olympia. The competition will feature weightlifters from around the world. The cup will be contested across three divisions for men and woman: youth, junior, and open. Prizes, trophies, and gift bags valued at more than $1,000 will be awarded to the top competitors in each division. Medals, T-shirts, and swag bags will be awarded by weight class. Legends of bodybuilding and weightlifting will emcee and present awards. This competition will be sanctioned by USA Weightlifting and use International Weightlifting certified competition equipment.

POWERHOUSE FX CHALLENGE

Functional training allows individuals to build strength, mobility, and prevent injury by combining the benefits of hardcore weight lifting with everyday functional movements. The Powerhouse FX Challenge will put these skills to the test with a demanding course that includes prowler rope pulls, box jumps, suicide sprints, skipping with a battle rope, and more! **FLEX**

SAMUEL WILSON (2); BILL COMSTOCK

BIGGER THAN NATURE INTENDED



CLINICAL STUDY SHOWS MYOSTATIN INHIBITORS UNLOCK MUSCLE GROWTH!

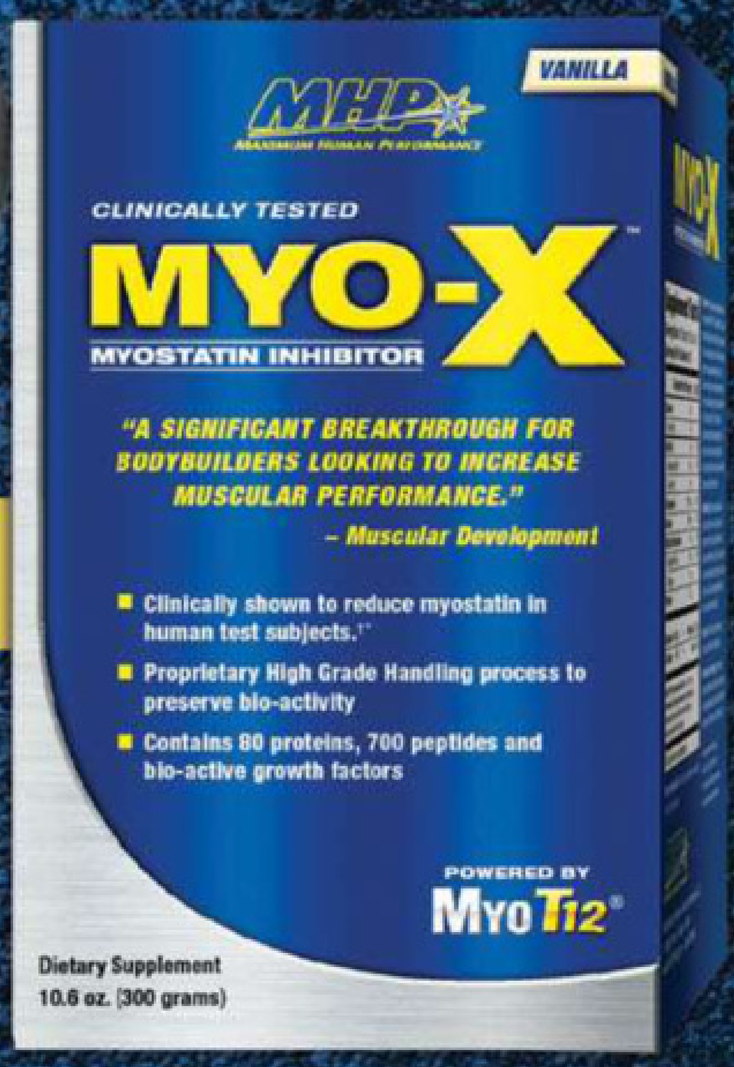
Myostatin inhibitors are becoming the new supplement of choice for athletes looking to take their muscle growth and performance to the next level. Myostatin is a natural growth factor protein that is the single greatest catabolic limiting factor of muscle growth. Clinical evidence and case studies have confirmed how myostatin suppresses muscle growth. So it's not hard to see that reducing myostatin levels may be the key to the future of muscle building and performance enhancement for bodybuilders and athletes.

To date, the supplement with the greatest promise for athletes is MYO-X, an all natural clinically tested myostatin inhibitor shown in scientific research to help reduce myostatin levels. In a new landmark study, MYO-X was shown to significantly enhance muscle growth in athletes who were training only two days per week. MYO-X is currently being used by some of the world's top bodybuilders, strongmen and powerlifters to help improve their muscle mass. Because of their potential for increasing muscle growth and performance enhancement, some athletic organizations have banned the use of myostatin inhibitors. Before using MYO-X, consult with your competitive organization for the legality of myostatin inhibitors.

JON DE LA ROSA
IFBB PRO

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HARDBODY NEWS

CONTEST NEWS, TIPS AND MORE

Photograph by **ISAAC HINDS**

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LISETTE HOWARD, IFBB bikini pro

Languages I can speak:
Spanish, English, Italian.

My Favorite Quote:
"If God be for us, who can be against us?" Romans 8:31.

One word to describe living in Miami:
Colorful.

One word to describe living in L.A.:
Eclectic.

Best place to vacation?
Turks and Caicos.

One food I'd never eat:
Cow tongue.

First thing I notice on a guy?
His smile—I'm obsessed with great teeth!

One thing a dude should never say to a woman is:
"You look good for your age!"

Biggest pet peeve?
Uncleanliness. I hate a mess or when my home is dirty or disorganized. It makes me feel like my life is in chaos.

Best way to pass the time in traffic is to:
Listen to salsa and dance in my car.

Weirdest comment ever left on one of my photos?
"I'd suck a plum out of that A$$." Creepy!

Best thing to drink on a hot day?
Mojitos!

Go to *hardbodynews.com* or *muscleandfitnesshers.com*

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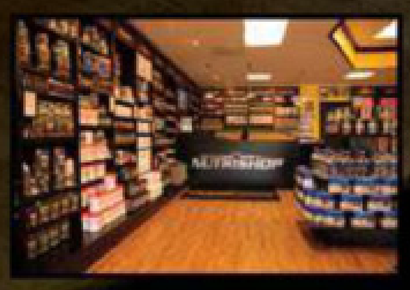
According to a Harris Interactive survey, 55 percent of working adults are in search of a new profession. So why not turn your passion for fitness and nutrition into your own business?

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JUST ENOUGH
Don't overstretch the tendons and ligaments by dropping your heels too low.

PICK IT UP

Our expert James Grage weighs in on a reader question in this column and in a 60-second video on our site. This month, he shows you how to add mass to the most stubborn area of the body.

"Any tips for getting my stubborn calves to grow? I can move a ton of weight for crazy reps, but I think I'm just prone to bad genetics in the calf department. I would really like to stop wearing long pants to the gym."

—*TOM T., LOUISIANA*

Building bigger calves isn't about how much weight you use or even how many reps you do. It's about the quality of those reps. When doing calf raises, whether seated or standing, explode the weight up. Your gastrocnemius muscles are made up of fast-twitch fibers, so they respond well to explosive movements. *Go up as high as you can on each rep, then pause and squeeze the contraction hard for an extra count before slowly going back down.* I like to do a three-count on the way down to really work that eccentric phase. At the bottom of each rep, contrary to popular belief, you don't want to overstretch the tendons and ligaments by dropping your heels too low. Just drop them enough to get a slight stretch in the muscles.

And don't overdo it, either. I don't train my calves more than once per week. You may feel compelled to do more than this, but it's not necessary. Train them hard and get all the rest you can get. If you do the exercises right, you'll stimulate the muscles enough to start growing.

60 SECONDS TO FIT

JAMES' STATS

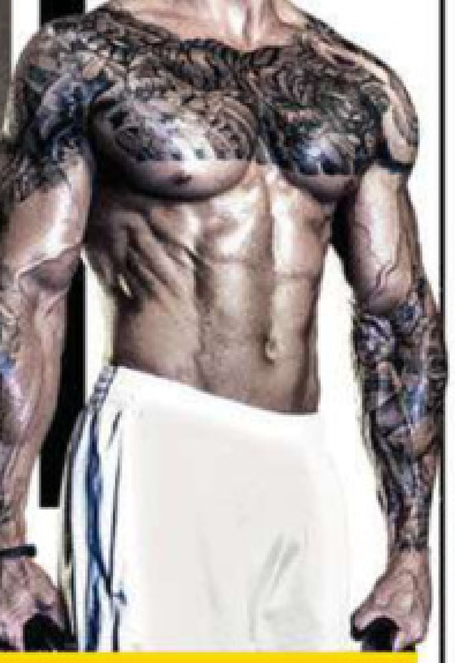
HEIGHT
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WEIGHT
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BODY FAT
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BICEPS
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45"



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HARD TIMES



Big Ramy looked happy successfully defending his title on the New York Pro stage.

EAST COAST MECCA

POWERHOUSE GYM.



Dennis James outside the Tribeca Theater with his No. 1 fan, Yosef Brodsky.



The Mecca's **Max Charles** impressed in his pro debut, placing 5th!



Juliana Malacarne successfully defended her women's physique title for the third year in a row.

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FLEX EXPERT

ONLY THE STRONG

BY **JOE MAZZA,** WORLD'S BEST BENCHER



In Part 2 of this article, we'll dive into an eight-week program to blast your bench max into the stratosphere!

BIG BENCH

Part 1 of an eight-week cycle to max out

Everybody wants a bigger bench press! There is no hiding this fact when you go to the gym on a Monday—which is unofficially the National Bench Day! After a weekend of rest, most guys are anxious to get under the bar and push themselves to the max. I share your enthusiasm. When I first started working out, I wanted to bench more and more weight with each weekly workout. After several years of progression following routines I read about, I began to develop techniques to help me reach new levels of strength and power. I eventually paired up with Jim Parrish, one of the brightest minds in the strength world, and have been able to set numerous world bench press records as a result. Now, I'd like to let you in on a few of my secret tips to help you also press more weight than ever.

The secret to a strong bench is to focus on the bench press. Simple as that. On my bench day I focus on the flat bench only—no incline or decline, no dumbbell work. That's not to say assistance work isn't important, but it should be viewed only as that: to assist in the development of the bench press.

The key to being strong is to focus on improving your central nervous system (CNS) response. If you keep your CNS fresh and avoid taxing your neural response, you will take your strength to a much higher level, and you will maintain that strength over the long haul.

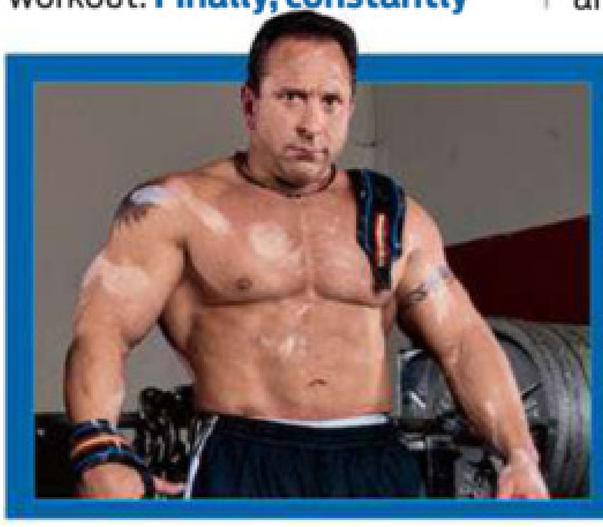
Two of the most common ways a lifter will tax his CNS is always benching in the one- to three-rep range and overtraining on a regular basis. Every time you do a workout with sets consisting of 1–3 reps, a powerful neural response is required to focus the maximal muscular contraction in performance of the heavy set. But this maximal effort is diminished with each successive set and quickly leads to overtraining—not to mention possible strain or injury to your shoulder joints and connective tissue.

In order to avoid neural overtraining, you must reset your nervous system. So, if you should compete in a bench or power meet or have a few workouts consisting of sets of 1–3 reps, your next several workouts afterward should be your normal training range, consisting of sets at 8–10 reps each.

The biggest mistake lifters make is that they don't change up their routine on a regular and calculated basis. In order to keep my CNS fresh and constantly adapting—and my muscles growing ever stronger—I do a lot of training with bands. Jim has had me using bands from *ironwoodyfitness.com* for many years.

I rotate through different strength bands every time I train. Each band has a different tension, which also forces me to change the bar weights every week. This accomplishes three important benefits: First, the neural input is vastly increased because of the proprioceptive stimulation, whereby the bands force your muscles to work harder to press straight upward. Second, by changing the weights regularly, I am able to generate maximal pressing force without benching maximal weights every workout. **Finally, constantly pushing against the resistance of the bands causes my tendons and ligaments to get stronger, too, which helps increase benching force and prevents against injury.** You can significantly increase your strength without gaining excessive muscle or mass (including fat) just by increasing the strength of your tendons and ligaments.

To build a massive bench press max, the first thing you need to do is to order a starter set of bands from *ironwoodyfitness.com.* You will also need to create a few thicknesses of boards to help limit range of motion. Once you get these in your hands, take a week or two to back off your current program and do some high-rep sets to reset your training form and neural response.



Joe Mazza was the first man in history to hold the World Bench Press record in three separate classifications at the same weight class. He has benched 705 lbs. (triple-ply shirt), 675 lbs. (single-ply) and 482 lbs. (raw bench) at 165-pound body weight. Mazza has been a Team MHP powerlifter since 1997.

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PHOTOREPORT BY **J.M. MANION**

2013 NPC TEEN, COLLEGIATE & MASTERS NATIONAL & 2013 NPC USA BODYBUILDING, FIGURE, BIKINI & PHYSIQUE CHAMPIONSHIPS

One of my favorite NPC contests of the year is always the annual NPC Teen, Collegiate & Masters National Bodybuilding, Figure, Bikini & Physique Championships. The main reason is that it's always held in my hometown of Pittsburgh, so I don't need to travel like I do for all other NPC national competitions.

2013's contest had the most competitors to date, with more than 800 (before crossovers were counted!). This was great news for promoter Dr. Gary Udit, who's also the NPC Pennsylvania district chairman and NPC Mid-Atlantic zone chairman.

As he did last year, Udit ran this as two separate events. All the women's prejudging and finals took place on Friday. They didn't compete at all on Saturday, as that was reserved for the men's competitions.

Besides the chance for the masters competitors to qualify for the IFBB Professional League, one of the main draws for the teenage men is the opportunity for the overall winner to be flown to Los Angeles and photographed for a feature in FLEX. Even though it was a long weekend, the level of competition in these multiple events gets better every year, particularly the events that qualify competitors for the IFBB Professional League.

The great thing is that you'd probably recognize many of the masters competitors, because they're also competing in the open events like the NPC Junior USA, NPC Junior National, and NPC USA Championships. So don't let the contest title fool you into thinking these competitors are past their prime.

You also get to see some future champions competing in the teen and collegiate events. You can always find several IFBB pros in attendance, working various supplement-company booths or just hanging out, such as eight-time IFBB Fitness Olympia and five-time IFBB Fitness International winner Adela Garcia, Dennis James, Chris Cormier, Ashley Kaltwasser, Don Long, Dr. Victor Prisk, George Farah, Jose Raymond, Guy Cisternino, Luis Santa, Allison Frahn, Carolina Silva, Vanessa Campbell, Gennifer Strobo, Angelica Nebbia, Jessica Peralas, Meriza DeGuzman-Ciccone, Amanda Hatfield, Brian Yerskey, Vinny Galanti, Sheilahe Brown, Dre Dillard, Kristina Curci, Jami DeBernard, Alex Carneiro, Wendy Fortino, Mark Byers, Dean Michael, and Michelle Johnson. Also having a lot of fun throughout the weekend were my kids, Tyler and Cassie Manion, and Gennifer Strobo's daughter Ryleigh McCuistion.

It was at this contest that NPC Active Wear debuted the Manion's Gym Retro T-shirts in black and white versions. Yes, NPC President Jim Manion did own the gym from 1979 to 1985, when he sold it. The logo was something I designed in 10th-grade art class, and I was very stoked to see it brought back to life! Many of the IFBB pros here quickly bought one of the tees and immediately put it on.

One week later, the NPC crew made their way to Las Vegas for the annual NPC USA Bodybuilding, Figure, Bikini & Physique Championships promoted by Jon Lindsay. The NPC USA is now pretty synonymous with Las Vegas—maybe even more so than any other NPC contest, since it's been held here the last weekend of July the past 14 consecutive years, and 19 times dating back to 1983.

The competitor numbers this year were pushing close to 800! That easily surpassed last year's contest.

As is typical with this particular event, there were many IFBB pros in attendance, either working booths or just checking out the contest itself. A few of the IFBB pros who were in Pittsburgh the prior week were also here in Las Vegas, including Dennis James, George Farah, Angelica Nebbia, Meriza DeGuzman-Ciccone, Mark Byers, Jami DeBernard, and Ashley Kaltwasser. Spotted throughout the weekend were four-time IFBB Mr. Olympia Jay Cutler, three-time IFBB Figure Olympia champion Nicole Wilkins, Flex Wheeler, Shawn



IFBB pros **Allison Frahn, Guy Cisternino,** and eight-time IFBB Fitness Olympia champion **Adela Garcia.**



NPC President **Jim Manion** (center) likes IFBB pros **Jose Raymond** and **George Farah**'s shirts.











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NPC REPORT



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My son Tyler Manion also test-judged his first NPC national competition.

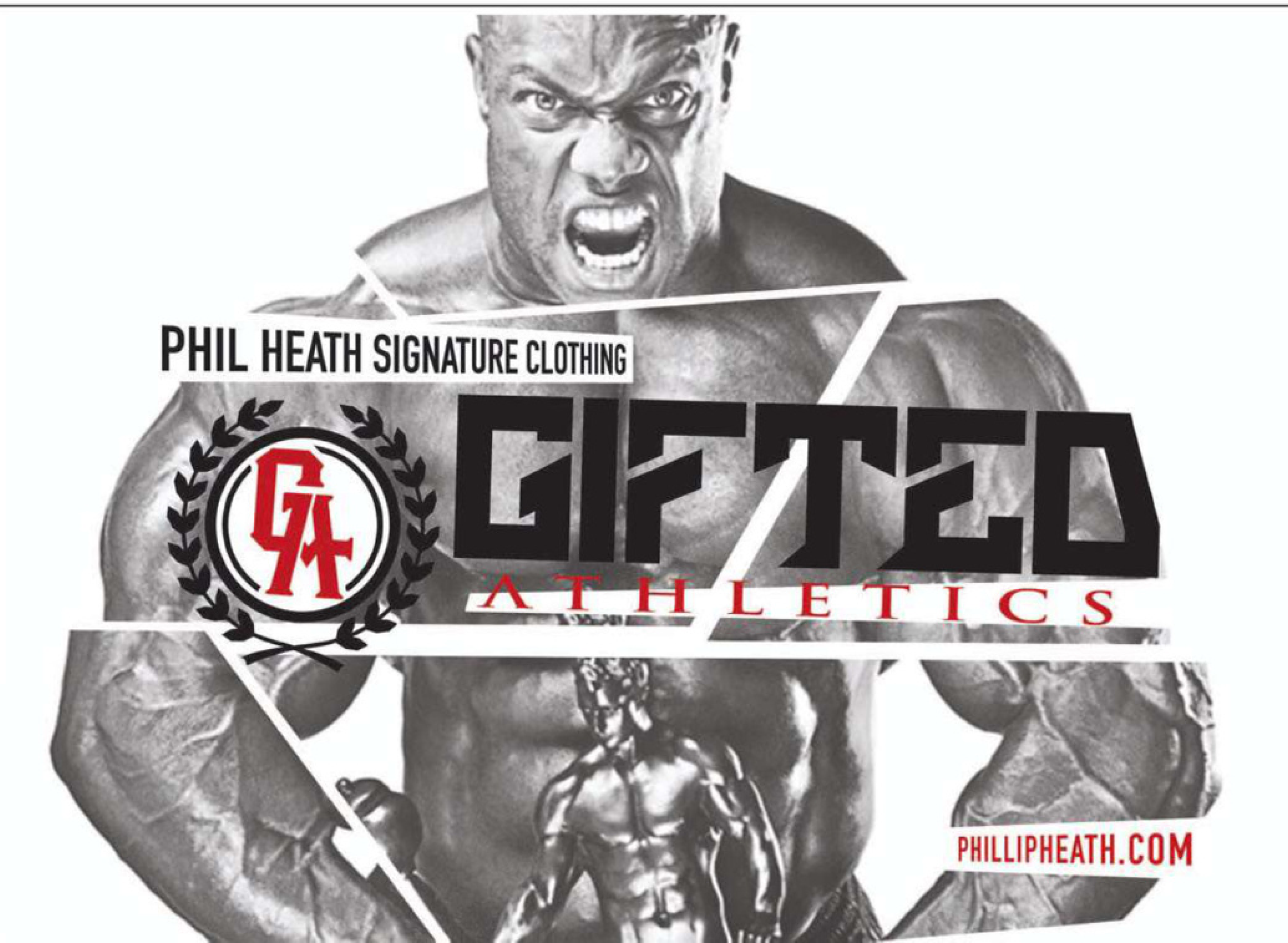
Major kudos have to be extended to the X-Team Expediting crew and members of Jon Lindsay's crew, as well as emcee Bob Cicherillo.

Another customary way I complete the weekend is with my photo shoot of all the overall and class winners on Sunday at the host hotel Embassy Suites pool area.



NPC President **Jim Manion** likes IFBB pro **Chris Cormier**'s Manion's Gym Retro T-shirt from NPC Active Wear.

To find out more about NPC bodybuilding and fitness events in your area, or to join the NPC, contact the NPC National Office at (412) 276-5027; check out our web site at npcnewsonline.com; *and keep an eye on this section, along with the Coming Events list.*



PRODUCTSHOWCASE

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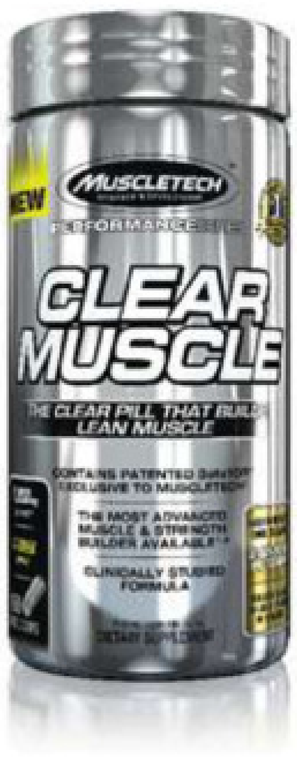
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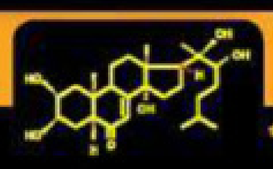
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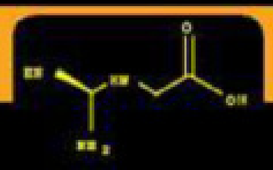
WINNI-V®

****CYCLOSTANOZOL™**



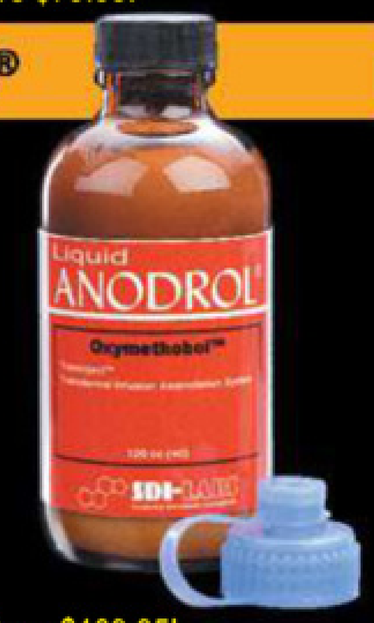
*Cyclostanozol™ is an extremely potent cutting agent and non-prescription chemical hybrid that is reputed to possess highly stimulating, non-virilizing and pro-anabolic properties. It is commonly used as a pre-contest cutting agent. High quality muscle gains are reported with as little as 1-2 tabs taken before workout, during a cycle. Many users claim of lypolytic (fat reducing) effects analogous to those experienced when using stanozolol tablets. The gains made while on a cycle of Winni-V® have been reported to be very solid and well maintained once use has been discontinued.

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****OXYMETHOBOL™**



*Many users claim Liquid Anodrol® to be the most powerful OTC Bulking agent available. Incredible mass and strength gains have been reported after only one week of use. Anodrol is an oral liquid that is designed for rapid assimilation for maximum pro-anabolic effects. The active ingredient in Liquid Anodrol® called Oxymethobol™, is not alkylated or methylated in structure and may possess a lower risk factor with use when compared to oral steroids with these toxic configurations.

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****SUPRATESTIN DEPOT™**



*Test Suspension™ is reported by many users to be the most powerful non-prescription water based oral pro-testosterone preparation commercially available. Muscle gains with Suspension™ are being reported unusually high yet extremely lean, dry and solid. Suspension™ has virtually no capacity to aromatize into estrogen, which helps prevent side effects such as water retention and bloating. Suspension™ is orally administered using the special applicator provided.

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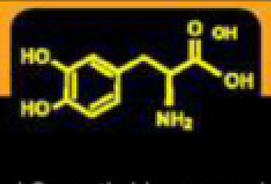
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****DROSTANOZOL™**



*Masterbolan® (Drostanozol™) is powerfully effective when used as a muscle hardener and strength increaser. It has notably been able to sharpen the appearance of individuals that already carry a low bodyfat percentage. Drostanozol™ has a chemical structure that may assist in recovery from bouts of extreme body stress including heavy weight training. Upon administration of Drostanozol™, subdermal water levels may drop dramatically. Users often report of the skin taking on an almost paper thin appearance.

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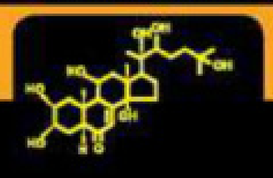
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****NUTROPIL RECOMBINEX™**



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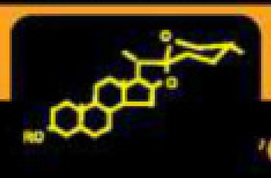
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****BOLDENODROL™**



*Equidren™ (Boldenodrol™) is a highly specialized combination of compounds designed to increase vascularity and anabolic effect via enhanced vasodialation. EQ is widely known to help "pop out the veins" in users arms and overall musculature. EQ's process directly signals cells to increase the uptake of amino acids to stimulate protein synthesis. MUSCLE PUMPS experienced while using Boldenodrol™ are reported to be extremely intense and long lasting for this reason.

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WEEK	D-Bol	Anodrol	Test Sus.
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2	2 / Day	4cc / Day	
3	2 / Day		4cc / Day
4	2 / Day		4cc / Day
5	2 / Day	4cc / Day	
6	2 / Day	4cc / Day	
7	2 / Day		4cc / Day
8	2 / Day		4cc / Day

*EXPECTED RESULTS: Intermediate gains in muscle mass, strength, density and volume.

8 Week Blitz Cycle Before & After Photos

Individual results may vary



Week 1 — Week 8

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10 WEEK PRECISION FORM MINI CYCLE

WEEK	D-Bol	Anodrol	Test Sus.	Equidren	Master.	Winni-V	HC	Omifen
1	2 / Day	4cc / Day				†		
2	2 / Day	4cc / Day				†		
3	2 / Day	4cc / Day				†	††	
4	2 / Day	4cc / Day				†	††	
5			4cc / Day	3 / Day		†	††	
6			4cc / Day	3 / Day	3 / Day	†	††	
7			4cc / Day	2 / Day	3 / Day	†	††	
8			4cc / Day		2 / Day	†	††	
9							††	4 / Day
10							††	4 / Day

*EXPECTED RESULTS: Intermediate gains in muscle mass, strength, definition and hardness.

† Winni-V is taken 1 tablet prior to working out only.

†† Somotroph HC is to be taken nightly using 1 dropperful.

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14 WEEK INTRINSIC FORM MASS CYCLE

WEEK	D-Bol	Anodrol	Test Sus.	Winni-V	Omifen
1	4 / Day	4cc / Day		†	
2	4 / Day	4cc / Day		†	
3	4 / Day	4cc / Day		†	
4	4 / Day	4cc / Day		†	
5	4 / Day	4cc / Day		†	
6	4 / Day	4cc / Day		†	
7	4 / Day	4cc / Day		†	
8	4 / Day	4cc / Day		†	
9		4cc / Day	4cc / Day	†	
10		4cc / Day	4cc / Day	†	
11		4cc / Day	4cc / Day	†	
12		4cc / Day	4cc / Day	†	
13					4 / Day
14					4 / Day

*EXPECTED RESULTS: Advanced gains in muscle mass, strength, density and volume.

† Winni-V is taken 1 tablet prior to working out only.

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14 WEEK PRECISION FORM PEAKING CYCLE

WEEK	D-Bol	Anodrol	Test Sus.	Equidren	Master.	Winni-V	HC	Omifen
1	2 / Day	4cc / Day				†		
2	2 / Day	4cc / Day				†		
3	2 / Day	4cc / Day				†		
4	3 / Day	4cc / Day				†		
5	3 / Day	4cc / Day				†		
6	3 / Day	4cc / Day				†		
7	4 / Day	4cc / Day				†	††	
8	4 / Day	4cc / Day				†	††	
9	2 / Day		4cc / Day	3 / Day		†	††	
10			4cc / Day	3 / Day	3 / Day	†	††	
11			4cc / Day	2 / Day	3 / Day	†	††	
12			4cc / Day		2 / Day	†	††	3 / Day
13							††	3 / Day
14							††	3 / Day

*EXPECTED RESULTS: Advanced gains in muscle mass, strength, definition and hardness.

† Winni-V is taken 1 tablet prior to working out only.

†† Somotroph HC is to be taken nightly using 1 dropperful.

REAL TESTIMONIALS:

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"One week into the cycle and my muscles feel so full, tight, hard and pumped after my work out... It literally felt like they would explode!" Dan M – Bronx NY

Dear SDI-LABS,
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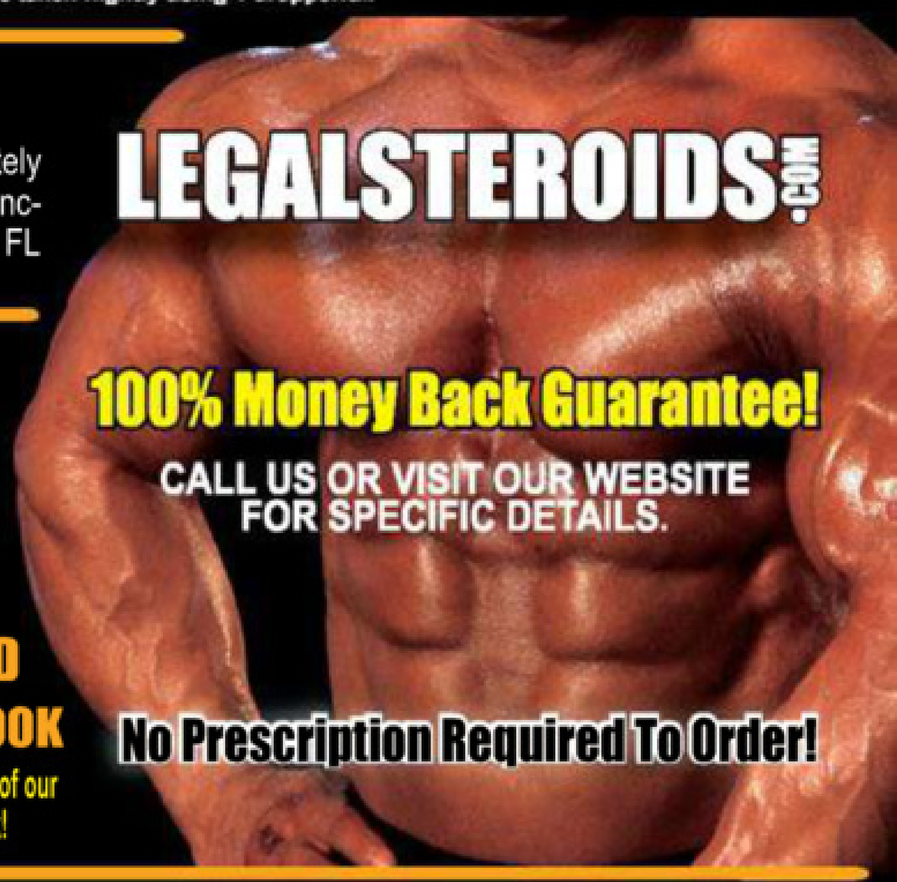
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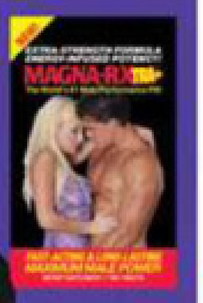
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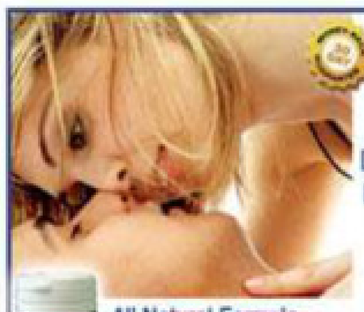
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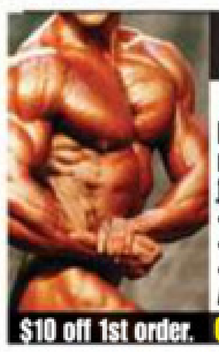


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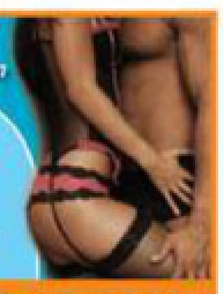


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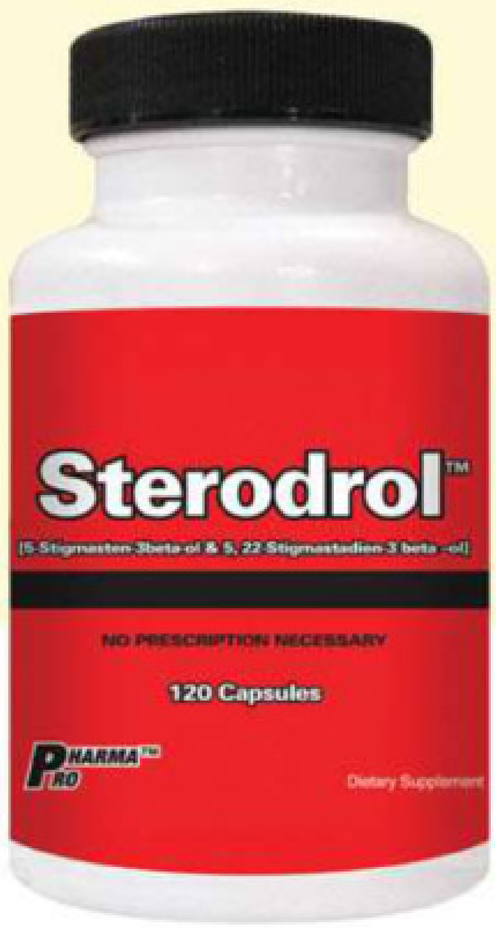
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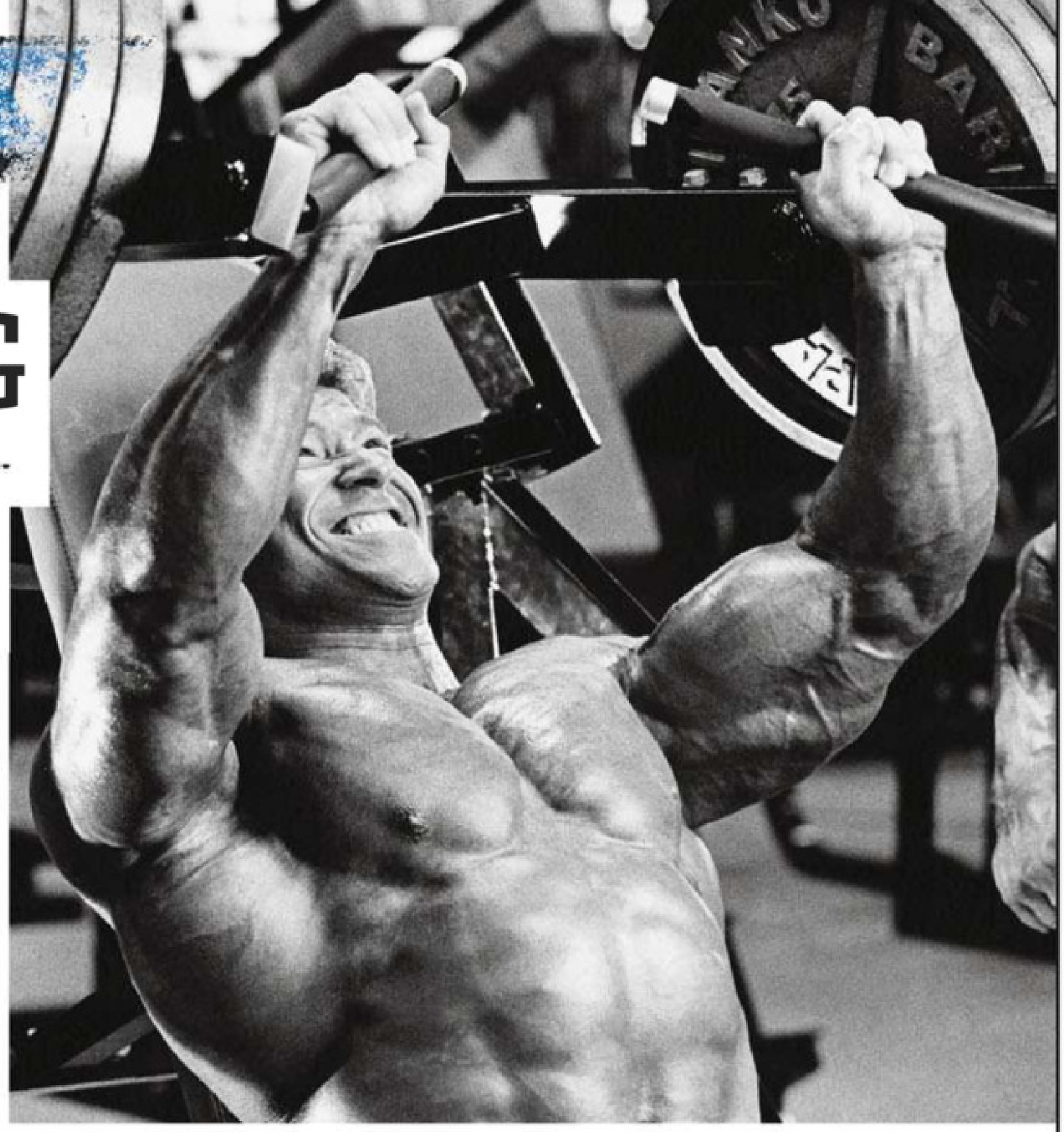
FLEX EXPERT

THE DIET DOC

BY CHAD NICHOLLS

CARB LOADING

Find the formula for you



When it comes to contest prep, one of the trickiest aspects is the carb-loading process. Learning what type of carb-loading process you respond to the best and sticking to that protocol can turn one of the most frustrating parts of contest prep into a stress-free task. With the 2014 Mr. Olympia quickly approaching, I thought I would give you a detailed account of the extreme carb-loading routine of **Günter Schlierkamp**.

On rare occasions, I will utilize the "junk-loading" process in athletes who have freakishly fast metabolisms and who also have trouble filling out or who just need the extra sodium in their load to properly fill out. In the off-season, ***Günter ate massive amounts of food—he was not carb-sensitive and he was a very tall athlete who possessed elongated muscle bellies and competed at over 300 pounds***. For most competitors, 8–10 ounces of baked potato is normal, but with Günter, his average baked potato serving ranged between 18–20 ounces.

Monday before the Mr. Olympia, we began the loading process. A normal carb-intake day for Günter was around 350 grams—on Monday that amount increased to 500 grams and it comprised clean carbs (potatoes, rice, and oatmeal).

Tuesday was more of the same; carbs were raised to 750 grams. Also during this time, I kept his water intake high. Decreasing water also slowed the manner in which his carbs digested, slowing his metabolism in the process. I found that I was able to back off his water intake only 8–12 hours prior to the show and never shut his water intake off completely.

On Wednesday, his carb intake increased to 1,000 grams, and at this time, I began introducing simple sugars into the plan, in an alternating fashion. The clean meals contained between 100–150 grams of carbs, while the simple-sugar meals consisted of between 250–300 grams of carbs. If I saw he was filling up too quickly, I would back off the simple sugars, but if he wasn't filling up as planned, I would increase the simple sugars. ***However, the amounts of clean carbs always remained the same.***

Thursday, we really pushed the carbs, and this was also a point where I had to be cautious because we were stepping completely out of Günter's clean-eating comfort zone and getting ready to enter the junk-loading free-for-all zone. Up to this point, he had never incorporated junk foods into a carb-loading routine. I began this day with a clean-carb meal, and from there I went to a "controlled" junk meal, which consisted of a loaded double cheeseburger and an order of fries. ***During a normal carb loading, an athlete typically will eat carbs every 2–2½ hours, but in this situation we could not do that—we had to listen to his body and watch to see how it responded.*** After the large carb meal, we needed about 3½ to four hours before eating again. At that point we went to a "fats" meal again (another burger and fries). That meal would enter his system quickly, so about 2½ hours later, I came back with the large 500-gram clean-carb/simple-sugar-carb meal, and then 3½–4 hours later we ate fats again.

On Friday morning, Günter was spot on and perfectly carb loaded. I now had the task of keeping this look balanced and maintained throughout the Friday evening pre-judging. We began Friday with a clean meal of steak and oatmeal. The next meal was a burger, and from there we went to a 500-gram carb meal. Meal 4 consisted of another burger. I began shutting his water down after Meal 3. He drank 8 ounces of water with Meal 4, and then his water was limited to sips from that point on. ***This plan, as extreme as it was, was also the key to Günter's shocking the audience and the judges and grasping a fifth-place finish at the 2002 Mr. Olympia!*** This goes to show that the perfect carb-loading process is just as customized for the athlete as the contest diet itself.

CHRIS LUND

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ALL-STARS

Let's forget about the $1 million in prize money. Let's forget about the debut of two new divisions. No, right now, the only thing on our minds is this one indisputable fact: Last year's Mr. Olympia was the greatest lineup of all time. Hold on! How can we make such a claim? What about all the lineups populated with Hall of Fame bodybuilders, such as 1972 in Essen, Germany, or New York in 1984, Miami in 1991, Las Vegas in 2001? Your skepticism is applauded. But based on one simple fact and this one simple fact alone, there is no argument: Each of the 20 competitors in last year's lineup has won at least one pro contest in his career. Read it again. That has never happened before. Not in the days of Larry Scott and Sergio Oliva, not during the '70s of Arnold Schwarzenegger, Franco Columbu, and Frank Zane, nor the '80s and '90s of Lee Haney, Dorian Yates, and Ronnie Coleman up to the present day of Jay Cutler and Phil Heath. The 2013 Olympia's packed-to-the-rafters crowd witnessed history. And this shot of the top 10 proves just how high standards have risen in the IFBB Pro League and the depth of talent at the Olympia: At the time of the photo, the athletes here have a combined 66 wins, including seven Olympias and 11 Arnold Classics.

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